

Step-by-Step: Choking Rescue for a Child (Over 1 Year of Age)

Choking Rescue for a Child.

Call 9 1 1 if your child is showing signs of choking.

This includes trouble breathing or being unable to talk or make sounds.

Kneel down behind your child.

Place one hand on their chest and the other on their upper back.

Tilt your child's upper body forward, holding them in place with your hand on their chest.

With the heel of your hand, strike your child's upper back between the shoulder blades five times.

If back slaps are ineffective, then abdominal thrusts should be performed.

Kneel down behind your child.

Place one hand on their stomach and the other on their upper back.

Tilt your child's upper body slightly forward, holding them in place with the hand on their stomach.

Move your hands right above their belly button in the middle of their rib cage.

Place the hand on their back under the other hand in the shape of a fist with your thumb, closest to their body.

Push your hands inward and upward into your child's stomach.

Repeat this motion five times.

Continue repeating five back slaps and five abdominal thrusts until the food or item becomes dislodged from their throat or until help arrives.

If your child becomes unconscious, begin CPR if you are trained to do so.