Step by Step: Infant CPR

Here's how to do CPR for babies younger than 1 year.

1. Tap your baby's foot and shout their name.
2. Call 911, or ask someone else to call.
3. Ask someone to get an AED if one is nearby.
4. Put the heel of one hand below the nipple line on the baby's chest.
5. Using the heel of your hand, push hard and fast.
6. Give your baby 30 compressions, about 2 per second. Compress their chest about 1½ inches.
7. Now gently tilt your baby's head back.
8. Take a normal breath in.
9. Put your mouth over your baby's mouth and nose.
10. Making a tight seal, gently blow out your breath for 1 second.

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11. Now you can breathe in and give another breath.

12. You can restart chest compressions right away.

13. Repeat CPR until you notice the baby is breathing again, help arrives or an AED is ready.

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