

Child CPR

Child CPR is a lifesaving skill that anyone can learn.

This video will show you how to do CPR for any child older than 1 year who hasn't yet reached puberty.

It's not a substitute for a class you can take in person.

But it will show you the basic skills you need in an emergency.

CPR can help a child if their heart or lungs suddenly stop working.

If you can keep air moving to the lungs and blood flowing while you wait for emergency help, you'll have the best chance of preventing brain damage or death.

So how do you know if it's time to do child CPR?

Check for breathing.

If you see regular breathing, the child doesn't need CPR.

If the child is not responding and not breathing—or only gasping—it's time to start CPR.

First, call 911—or ask someone else to call while you begin CPR.

A 911 operator can give you instructions over the phone on how to do CPR until emergency services arrive.

If there's an AED nearby, ask someone to go get it for you.

If you're alone and don't have a phone nearby, start CPR.

Do CPR for 2 minutes, and then find a phone to call 911.

There are two parts to child CPR: chest compressions and rescue breaths.

To do chest compressions, place the heel of one hand on the lower half of the breastbone.

To find the right spot, imagine a line drawn between the nipples.

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Now place the heel of your hand just below that line in the center of the chest.

For a larger child, use both hands.

Stack one hand on top of the other, and lace your fingers together.

Lean forward and press straight down until the child's chest goes down about 2 inches, or about one-third of the way down.

Press firmly and quickly—30 times at a rate of about 2 compressions a second.

If it helps, think of pushing to the rhythm of the song "Stayin' Alive."

After 30 chest compressions, give 2 rescue breaths.

To do rescue breaths, gently tip the child's head back, pinch their nose closed, and cover their mouth with your mouth.

Then blow just enough air to make the chest rise.

After giving one rescue breath, remove your mouth from the child's mouth, and take a normal breath.

Let the child's chest fall, and feel the air escape.

Then give a second rescue breath.

Continue to repeat the cycle—30 chest compressions, followed by 2 rescue breaths— until help arrives, an AED is ready to use, or the child starts breathing normally.

Learning child CPR isn't too hard.

Let's review the steps.

Place the heel of your hand on the center of the chest.

Do 30 hard and fast chest compressions.

Then tip the child's head back, pinch their nose, and give two rescue breaths— just enough air to make the chest rise.

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Continue the cycle—30 compressions, followed by 2 rescue breaths—until help arrives.

Now you have a basic idea of how to do child CPR.

And you can gain more practice and confidence with an in-person class— confidence that will help you act quickly when you need to and when time can make all the difference.