



# A PARENT'S GUIDE TO RESUSCITATION

## If your baby is not breathing

Pick your baby up, as if to 'wind' him, and stimulate him by 'patting' his back.

If he starts to breathe, any immediate danger is over.

## If your baby does not breathe you will need to start resuscitation

### Clear the airway

If you think there may be an object or vomit in his mouth, wipe the mouth and clear it out with your little finger.

### Start mouth-to-mouth resuscitation

1. Place him on his back on a firm surface.
2. Tilt his head back a little.



3. Place your lips around the nose and mouth and breathe into him so the chest moves.



4. Give one breath every 2 seconds.
5. Repeat 20 times.
6. Stop and observe. If baby is now breathing, stop mouth to mouth and call for help.
7. If the baby does not start breathing, you should start cardiac massage.

## Cardiac massage

1. Use your index and middle finger to depress the centre of the breast bone (sternum) quite hard; move it down about one third of the depth of the chest.



2. Do 30 compressions then 2 breaths and repeat this cycle at least 4 times.

### **30 compressions - 2 breaths - repeat 4 times**

Keep going until baby starts breathing or until help arrives.

## Important points to remember

- Never shake your baby. This may cause brain damage.
- Do not call for help first if you are alone - this wastes time.
- The best chance of success is by starting yourself as quickly as you can.
- If you are on your own, do resuscitation for about 2 minutes and then call for help. **Ring 000 for ambulance and advice** then continue resuscitation until help arrives.
- If a second person is present, get that person to call for help fast.
- Do not drive yourself to your nearest hospital or doctor. Wait for the ambulance to arrive.

### For more information

Your baby's doctor, nurse or care manager are available to answer your questions

#### **Newborn Intensive Care Unit**

Royal Women's Hospital  
Cnr Flemington Rd and Grattan St  
Parkville VIC 3052  
T: (03) 8345 3400

#### **Special Care Nursery**

The Women's at Sandringham  
193 Bluff Rd  
Sandringham VIC 3191  
T: (03) 9076 1572

#### **References**

Australian Resuscitation Council: Neonatal Resuscitation Guidelines (May 2016)