Abnormal breathing noted
(absent breathing or significant gaps between breaths)

Call 000 (Ambulance)
Call parent / guardian

Open airways
- Check airway is clear from obstruction (tongue or foreign object)
- Kneel beside child’s head
- Place your palm on the child’s forehead
- Tilt head backwards (45° for adult, ½ this for child, neutral head position for infants)
- Apply jaw lift to open mouth

Commence rescue breaths

Mouth to mouth
- Take a breath
- Create a seal on the child’s mouth with your mouth
- Close the nostrils by pinching them closed or by blocking with your cheek completely
- Blow to inflate the child’s lungs

Mouth to nose
- Close the child’s mouth with the hand supporting the jaw and push lips together with thumb
- Take a breath
- Place your mouth over child’s nose
- Blow to inflate the child’s lungs

Mouth to mouth & nose
(for infants and small children)
- Take a breath
- Place your mouth over child’s mouth and nose
- Blow to inflate the child’s lungs

Give one breath every 5 seconds to achieve up to 12 breaths per minute. Continue until the ambulance arrives

Look. Listen. Feel.
- Look for a slight rise of the chest during each inflation
- Look and monitor for stomach looking bloated and protruding (if this occurs reduce the amount of pressure in your breath)

If chest does not rise check:
- there is no obstruction to the airway (inadequate head tilt, chin lift, tongue or foreign object)
- sufficient air is being blown into lungs
- there is a good air seal around mouth or nose