



the women's
the royal women's hospital

How to give basic life support and CPR to your baby at home

Learn how to do basic life support for your baby using **DRSABC**.

Danger

Check for any dangers to you, your baby, or the area around you.

Response

Talk to your baby and gently touch them to see if they react. Try **squeezing their earlobe** to see if they respond to pain. **Never shake your baby.**

Send for help

Call **Triple Zero (000)**. Put the phone on speaker and ask for an ambulance.

If your baby isn't breathing, follow the next steps of **ABC**. If someone else is with you, they should call 000 while you begin **ABC**.

Don't drive to the hospital. Wait for the ambulance to arrive.

Airway

Put your baby on a hard, flat surface.

Place one hand on top of your baby's head and one hand on their chin.

Keep their head and neck straight and slightly **tilt their chin up** to open their airway.

If something is blocking their airway, gently roll them onto their side and clear it with your little finger.



Breathing

Look for chest movement.

Listen for air coming out of their nose and mouth.

Feel for air on your cheek.

If your baby **isn't breathing** or their breathing isn't normal, **give 2 breaths and start CPR.**

Cover your baby's nose and mouth with your own mouth when giving breaths.

Compressions (CPR)

Place 2 fingers in the centre of their chest just below the nipple line.

Push down to a depth of about 1/3 of their chest.

Do 30 compressions, then give **2 breaths**.

Press at a rate of **2 compressions a second**.

Every 2 minutes, check for breathing and swap with another person if you can.

You can stop CPR when:

- your baby starts breathing on their own - lay them on their side and watch their breathing until the ambulance arrives
- help arrives with advanced life support equipment
- you're alone and become too tired - it's OK to stop for a short break.



For more information

Watch the video, How to give CPR to babies 0-12 months on the Better Health Channel. It's available in several languages. betterhealth.vic.gov.au/health/conditionsand-treatments/cardiopulmonary-resuscitation-cpr

Do you need an interpreter?



You can ask for an interpreter if you need one.

D

Danger

Check for and remove any dangers to you or your baby.

R

Response

Talk to your baby and gently touch them to see if they respond.
Squeeze their earlobe for a painful response.
If they don't respond, call Triple zero (000).

S

Send for help - call Triple zero (000)

Put the phone on speaker.
Ask for an ambulance.
Stay on the phone and don't hang up.

A

Airway

Open the airway by lifting your baby's chin off their chest.
If something is blocking their airway, roll them onto their side and use your little finger to remove it.

B

Breathing

Check for breathing: look, listen, and feel.
If your baby isn't breathing or their breathing isn't normal, give 2 breaths and start CPR.
Cover both your baby's nose and mouth when giving breaths.

C

Compressions (CPR)

Place 2 fingers in the centre of their chest, just below the nipple line.
Push down to a depth about 1/3 of their chest.
Give 30 compressions, then give 2 breaths.
Press at a rate of 2 compressions a second.

Write down the exact address of where you are right now.

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Disclaimer: This fact sheet provides general information only. For specific advice about your or your baby's healthcare needs, you should seek advice from your health professional. The Royal Women's Hospital does not accept any responsibility for loss or damage arising from your reliance on this fact sheet instead of seeing a health professional. If you or your baby require urgent medical attention, please contact your nearest emergency department.
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