## Would you know what to do if your baby was choking?

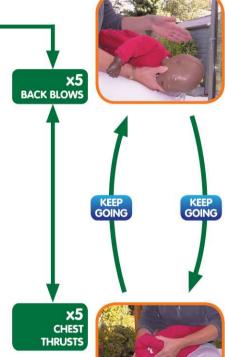
Look in their mouth to see if there is anything obvious and carefully remove with finger tips. NEVER put your fingers down their throat to try and dislodge the obstruction.

Repositioning them may help them to clear the obstruction themselves.

Seek medical attention if the obstruction appears to have cleared but they have trouble swallowing, breathing or are in any discomfort

If they lose consciousness and stop breathing START CPR

Never do an abdominal thrust on a baby under 1 year.







Get in touch and book your course today!

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