

In an Emergency

If your Baby Stops Breathing

- **GET HELP IMMEDIATELY - CALL 999**
- Stimulate the baby, if no response
- Commence resuscitation

A.

- Check the airway is clear
- Support the baby's back on a firm surface (table, floor, ball of your hand)

B.

- Place your mouth over the baby's nose and mouth
- Blow from your cheeks only
 - 1 long breath
 - 4 short breaths
- Ensure the chest moves - if not check:
 - Airway
 - Position of baby's head
 - Mouth to mouth / nose seal.

C.

- Check for a pulse,
 - If none commence heart stimulation
- Two fingers on breast bone apply gentle firm pressure x 5
- One breath to 5 heart stimulations

Some suggestions when to consult your doctor

- If you think your baby is ill even without any obvious symptoms

CONTACT YOUR G.P.

- A fit of convulsion, or turns blue or pale
- Quick difficult or grunting breathing
- Exceptionally hard to wake or unusually drowsy or does not seem to know you.

**ALWAYS URGENT
GET HELP IMMEDIATELY CALL 999**

- Croup or a hoarse cough with noisy breathing.
- Cannot breathe freely through the nose.
- Cries in an unusual way for an unusually long time.
- You think your baby is in severe pain.
- Refuses to feed repeatedly
- Vomits repeatedly
- Frequent loose motions especially if watery (diarrhoea). Vomiting and diarrhoea can lead to excessive loss of fluid from the body and may need urgent treatment.
- Unusually hot or cold or floppy.

**SOMETIMES SERIOUS
CONTACT YOUR G.P. IMMEDIATELY**

- Even if you have consulted your doctor, Midwife, health visitor or Nurse If your baby is not improving, or getting worse.

**TELL YOUR DOCTOR AGAIN THE SAME
DAY**

Bleeding in Pregnancy

If you have a sudden onset of heavy bleeding during pregnancy or shortly after

- **GET HELP IMMEDIATELY - CALL 999**

Collapse

If a mother collapses before or after the birth of her baby

- **GET HELP IMMEDIATELY - CALL 999**
- Have her pregnancy notes available to take to the hospital

Baby Born at Home Unexpectedly

If you go into labour quickly and you baby is born at home

- **GET HELP IMMEDIATELY - CALL 999**
- Keep the baby and yourself warm
- Do not cut the baby's cord