

Aaron's Heart



Includes simple CPR instructions!



Resuscitation
Council UK



Introduction

This short book will give you information on what to do if a baby or child suffers a cardiac arrest.

It's uncommon for a baby or child to suffer a cardiac arrest – but it's still crucial for parents, caregivers, and anyone who interacts with children to know what to do in an emergency.

We understand that the topic of cardiac arrest in children isn't the nicest one, but we've designed this book to be friendly, clear and easy to understand, helping you to learn potentially lifesaving information.

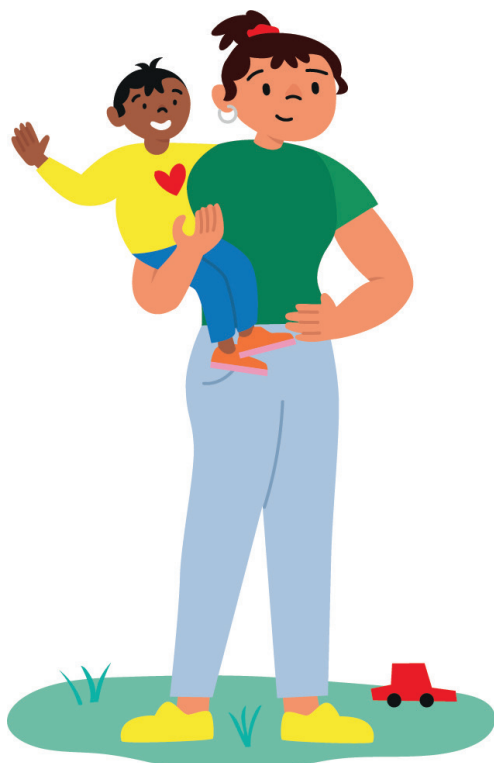
This book will teach you how to respond in the first few critical moments of cardiac arrest in a baby or child, where your decisive action can make all the difference. You'll

also learn strategies to help prevent accidents, injuries and trauma in children.

Additionally, you'll discover what to do if you suspect a child is seriously unwell, what the signs of cardiac arrest in children are, and what to do if you're faced with a situation where a child has a cardiac arrest while in your care.



Aaron's Heart



A story by Resuscitation Council UK

There was a little boy
named Aaron who loved
playing in his paddling pool
on warm, sunny days.



He also had a sweet tooth and asked his
mother, Maya, if he could have an ice lolly
because it was such a lovely day.

Maya agreed he could have a snack and since Aaron was a sensible child, she left him to go into the kitchen.



When she returned from the kitchen Aaron was lying motionless in the paddling pool, looking pale and unresponsive.



Maya rushed over to him and realised Aaron was in real trouble.



Maya lifted a lifeless Aaron from the paddling pool, laid him safely on the grass and called 999 for help.

She put her CPR training into practice and started giving him rescue breaths and chest compressions.



Maya put her phone on speaker and laid it on the ground next to her so she could hear what the 999 call handler, was saying.

Maya gave Aaron
five rescue breaths.

5X



30X



Then, she pressed hard on
Aaron's chest with the heel
of one hand, and gave him
30 compressions, counting
them out loud.

Then, she gently
breathed twice into
Aaron's mouth.

2X



She continued giving him 30 compressions followed by two breaths, until the ambulance service arrived and told her what to do.



As Maya continued her lifesaving efforts, the ambulance service arrived.



They were impressed with Maya's quick thinking and were glad she knew how important it was to take immediate action in emergencies like this.

With the help of the ambulance service, Aaron started breathing on his own again.

The ambulance service continued to give Aaron oxygen through a face mask and transferred him to hospital so he could be fully checked by the team there.



Maya went with the ambulance crew to the hospital where Aaron was treated. He had to stay in hospital for a while, but to Maya's relief, he was discharged with no long-term problems.

Afterwards, Maya decided to take another CPR class to keep her skills up to date.



She told her friends and family about CPR, encouraging as many people as possible to learn the lifesaving skills she used that day.



CPR Instructions

Learn how to give CPR step-by-step
to babies and children.



Steps for giving baby CPR

Check for danger, then immediately follow these steps

Babies are age

0-1

1

Shout for help

Call the baby's name, and gently tap the bottom of their feet to see if they respond. If there is no response call 999.

2

Call 999

Put the phone on loudspeaker and tell them you are with a baby who is not responding.

3

Look and listen for signs of normal breathing



The ambulance call handler will help you.



Open the baby's airway by lifting the chin with two fingers and tilting the head back so that their head is in a neutral position (not too close to the chest, and not too arched).



Look for the rise and fall of their chest, and listen for breathing, by putting your ear close to the baby's mouth.

4

The ambulance call handler will tell you what to do next

5

Give 5 rescue breaths

- ♡ Cover the baby's mouth and nose with your mouth to create a seal.
- ♡ Blow into their mouth and nose for one second – just enough to see their chest rise – then release and watch their chest fall.
- ♡ Repeat this five times.

6

Start chest compressions

- ♡ Place both thumbs together in the centre of the chest with the hands encircling the chest and fingers on the baby's back.
- ♡ Push down about a third of the depth of the chest (4 cm) and then release.
- ♡ Repeat the chest compressions (using thumbs) thirty times twice per second.
- ♡ After 30 compressions, give two breaths.
- ♡ Continue with 30 compressions and two breaths.
- ♡ The ambulance call handler will help you.

7

Continue CPR

Continue giving the baby CPR until the ambulance service arrives and tells you what to do, or the baby shows signs of life.



Steps for giving a child CPR

Check for danger, then immediately follow these steps

Children are age

1-18

1

Shout for help

Call their name and tap them on their shoulders to see if they respond. If there is no response call 999.

2

Call 999

Put the phone on loudspeaker and tell them you are with a child who is not responding.

3

Look and listen for signs of normal breathing



The ambulance call handler will help you



Open the child's airway by lifting the chin with two fingers and tilting the head back, so that their head is in the 'sniffing' position.



Look for the rise and fall of their chest, and listen for breathing, by putting your ear close to their mouth.

4

The ambulance call handler will tell you what to do next

5

Give 5 rescue breaths



Pinch their nose and cover their mouth with your mouth to create a seal.



Blow into their mouth for one second – just enough to see their chest rise – then release and watch their chest fall.



Repeat this five times.

7

Continue CPR

Continue giving the child CPR until either the ambulance service arrives and tells you what to do, or the child shows signs of life.

6

Start one-handed chest compressions



Place the heel of your hand in the centre of their chest.



Lift your fingers to ensure pressure is not applied over the ribs.



Push down about a third of the depth of the chest (5 cm) and then release.



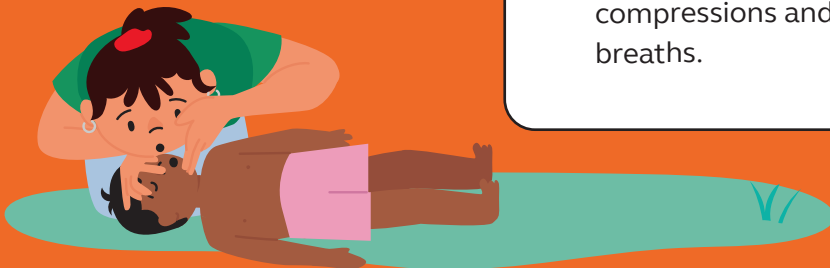
Repeat one-handed chest compressions thirty times twice per second. Use two hands for bigger children to achieve a depth of a third of the chest (5cm).

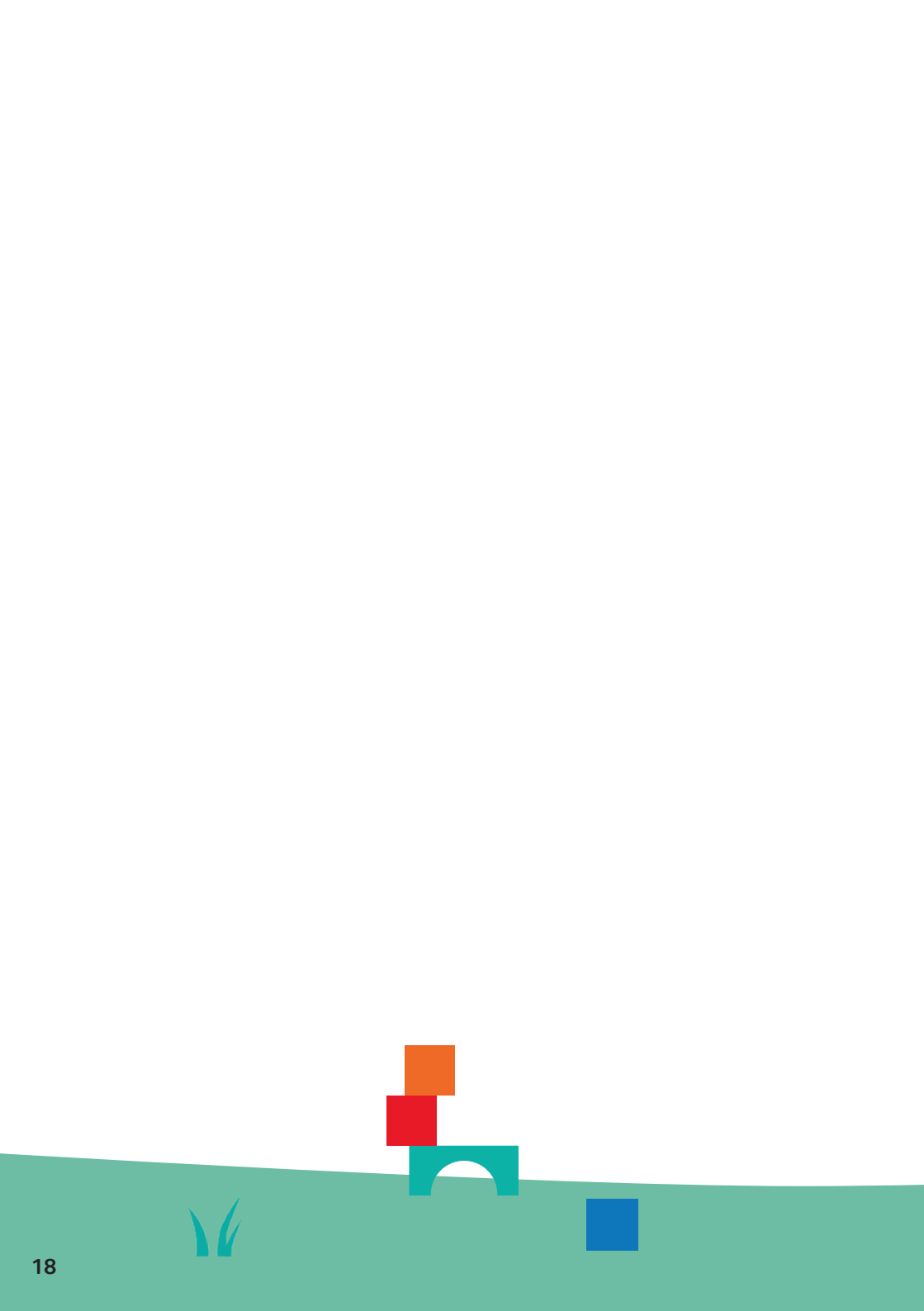


After 30 compressions, give two breaths.



Continue with 30 compressions and two breaths.





Extra Information

**Learn ways to prevent a cardiac arrest
with strategies to reduce the chance of
accidents, injuries and trauma in children.**



Symptoms

If you see these symptoms, you may need to seek medical attention – they could be a sign of something more serious.

Temperature

A high temperature in babies or children (over 38°C for babies or over 38.5°C for older children) or a low temperature in babies (36°C or less) combined with any of the other symptoms.

Behaviour

Unusual behaviour or character changes like irritability, reduced interaction, sleepiness, confusion, or difficulty waking up.

Breathing

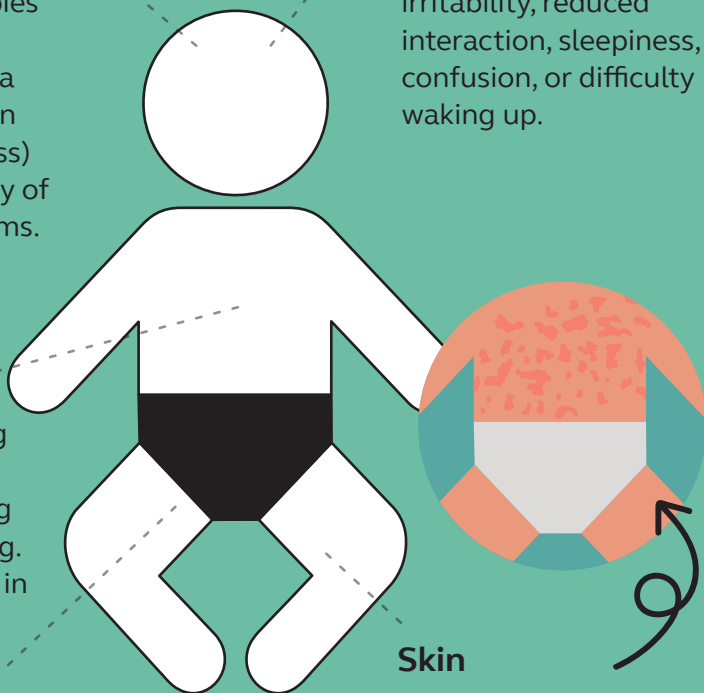
The child is having trouble breathing – they're breathing noisily or wheezing. Check for sucking in between the ribs.

Nappy

If your baby goes through a period of dry nappies (fewer than six wet nappies in one day).

Skin

The child's skin has turned very pale, blotchy, blue, or ashen. For children with darker skin, check their soles, palms, and lips for paleness or blueness.

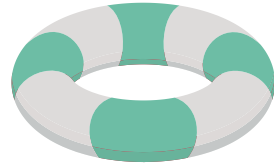


Prevention

Prevent accidents, injuries and trauma



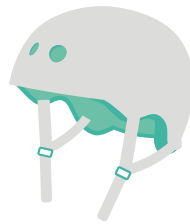
Keep batteries, hazardous items, poisons, and medication out of children's reach.



Supervise and ensure safety near water.



Securely strap your child in a car seat.



Ensure your child wears a bike helmet while cycling or using a scooter.

What to do if you suspect your child is unwell

If you're worried about your child, always trust your instincts, and seek medical advice. The action you take will depend on how unwell your child is.

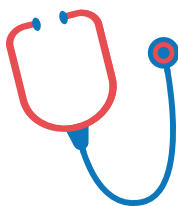
**Ask a
pharmacist
for
advice**



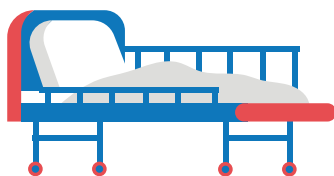
Call 111



**Contact
your GP**

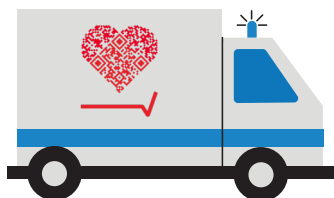


Go to A+E



**Call 999 in an
emergency**

See advice as to when to call 999 on the opposite page.



Children can deteriorate and become very unwell in a short space of time. Always follow advice and trust your judgement about seeking further help. In an emergency, always call 999.

Call 999 if your child or baby:

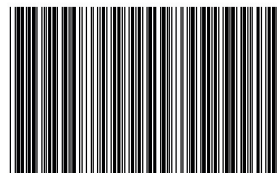
-  Has a seizure / fit for the first time
-  Is known to have a seizure disorder and the seizure has been going on for more than five minutes and they are not responding to medication
-  Stops breathing
-  Will not wake up
-  Has a spotty, purple or red rash that does not fade when a glass is pressed against it – this will look darker on brown skin
-  Has a severe allergic reaction. This reaction can sometimes be caused by food like peanuts, tree nuts or cow's milk. Pre-school children may react within 30 minutes or sometimes longer, of eating the item they are allergic to. This is not necessarily on the first occasion they encounter the food. Please note the fatality rate is low.

For more information visit
www.resus.org.uk/baby-cpr

For baby and child CPR
instructions, scan the QR code:







CPR/BABY/BOOK

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