

Ask me what to do if your baby is choking

1. Slap it out

- Lay your baby face down on your thigh and support their head.
- Give up to five blows between their shoulder blades.



2. Check their mouth

- Carefully pick anything out.

3. Check their mouth

- Lay your baby on your thigh face up.
- Using two fingers, give up to five chest thrusts.
- Check the mouth. If the obstruction hasn't cleared call 999/112 for emergency help.



4. Call 999/112

- Take your baby with you and call 999 or 112.
- Repeat the above steps until help arrives.