

How to give CPR to a baby and toddler

Blake Lively and Ryan Reynolds have recently highlighted the importance of taking baby and toddler CPR lessons on their respective Instagram accounts by revealing that they had both recently taken a course, and urging fellow parents to get involved.

Blake, 29, wrote alongside a picture with showed her with several training dummies: "ALL MAMAS AND DADDIES OUT THERE– I can't recommend this enough, I took a CPR class with with a focus on babies and toddlers. Google "infant CPR class near me" and you'll see lots of listings. For those of you who haven't done it, you will love it. It's so helpful by giving you knowledge, tools, and some peace of mind."

The couple, who are parents to two daughters, know the importance of first aid – Ryan, 40, revealed in his post that he had helped save his nephew's life thanks to a past CPR lesson, but was taking a refresher course focused on infant and toddler CPR, to further enhance his knowledge and skills.

With research showing that 74% of parents say the first aid emergency they fear the most is finding their baby unresponsive, St John Ambulance has issued first aid advice on what to do if a baby or child is unresponsive and not breathing.



How to do Baby CPR (under the age of one)

If your baby is not responding to you and they are not breathing, follow these steps to perform CPR:

1. Call 999/112 for emergency help: If you are on your own, give 1 minute of CPR before calling on a speaker phone.
2. Give 5 initial puffs over the mouth and nose.
3. Give 30 chest pumps using two fingers at a rate of 100-120 pumps per minute.
4. Repeat: give 2 puffs followed by 30 pumps. (30:2)