

**Here is a basic guideline on how to perform CPR:
(With compliments of *Cre8tive Parties & Cakes*)**

Step 1:

Tell someone nearby to call for an ambulance.

Step 2:

Position the injured child on his or her back, being extremely careful not to move or twist the head, neck or spine.

Step 3:

Maintain an open airway while you pinch the injured child's nose shut.

Step 4:

Give two long, slow breaths, making sure to maintain a seal between your mouth and his or hers.

Step 5:

Begin CPR if the child neither is breathing nor has a pulse.

Step 6:

Position the hands: find the lower tip of the breastbone. Measure two finger widths toward the head, and place the heel of one hand in this location.

Step 7:

Place the other hand on top of the first hand, interlacing the fingers of both hands.

Step 8:

Lean forward so that the shoulders are above your hand.

Step 9:

Push downward on the chest, using the weight of your upper body for strength. Compress five times in three seconds.

Step 10:

Give one more slow breath after five compressions, and then do five more compressions followed again by one slow breath.

Step 11:

Perform the five-compression, one-breath cycle a total of 12 times.

Step 12:

Recheck pulse and breathing.

Step 13:

Continue repeating this entire cycle - 12 sets of chest compressions and breaths, followed by rechecking pulse and breathing - until the injured child regains a pulse, until professional medical help arrives, or until you are too exhausted to continue.