



About Us

As new parents, it's crucial to be prepared for emergencies. Our dedicated team of instructors, led by experienced healthcare professionals, is committed to providing you with the knowledge and skills needed for newborn CPR. We understand the importance of your little one's safety, and our friendly courses are designed to equip you with the tools to handle emergencies with confidence. Join us in creating a safer environment for your family. Enroll today and gain the peace of mind that comes with being prepared.

WHOLE HEARTED
health

NEWBORN QUICK GUIDE



CHOKING INFANT/NEWBORN



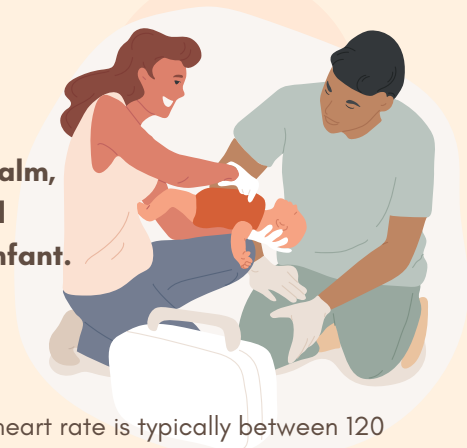
1. Support the infant: Hold the infant face-down on your forearm, with their head lower than their chest. Use your thigh or lap for support.
2. Deliver back blows: With the heel of your hand, give up to five firm back blows between the infant's shoulder blades. These blows should be delivered with enough force to dislodge the object but still gentle enough to avoid causing harm.

3. Check the mouth: Carefully place the infant face-up on your forearm, supporting their head and neck. Use your thumb and fingers to open their mouth and check for any visible objects. If you can see the object, try to remove it with your fingers. Do not blind finger sweep. Be cautious not to push it further down the throat.

4. Perform chest thrusts: If the object is still blocking the airway, lay the infant on their back and place two fingers in the center of the chest just below the nipple line. Give up to five quick chest thrusts. Continue these cycles of back blows and chest thrusts until the object is dislodged or medical help arrives.

5. Seek medical assistance: Even if the object is expelled, it's important to have the infant evaluated by a healthcare professional to ensure their well-being.

Remember, if the infant becomes unresponsive, begin CPR and follow the appropriate steps for infant CPR. Stay calm, act swiftly, and seek immediate medical attention when dealing with a choking infant.



VITAL SIGNS

- Heart Rate: The normal range for a newborn's heart rate is typically between 120 and 160 beats per minute (bpm). It may be slightly higher during periods of activity or crying.
- Respiratory Rate: Newborns normally have a respiratory rate ranging from 30 to 60 breaths per minute. Breathing may be irregular, with periods of faster or slower breathing.
- Blood Pressure: Blood pressure is usually not routinely measured in healthy newborns, except in certain medical situations. If measured, the average range is around 50-70 mm Hg (systolic) over 30-45 mm Hg (diastolic).
- Body Temperature: The normal body temperature for a newborn ranges between 97.7°F (36.5°C) and 99.5°F (37.5°C) when measured using a rectal thermometer.

INFANT/NEWBORN CPR

- Assess the Situation: Check the surroundings for any potential dangers and ensure the area is safe for you and the infant.
- Check Responsiveness: Gently tap the infant and shout to check if they respond. If there is no response, proceed to the next steps.
- Call for Help: If someone else is present, ask them to call emergency services immediately while you begin CPR
- Chest compressions:
 - Place two thumbs or two fingers on the center of the infant's chest just below the nipple line.
 - Push down firmly but gently at a rate of 100-120 compressions/minute.
 - Aim for a depth of about 1-1.5 inches with each compression.
 - Let the chest fully recoil between compressions.
- Airway: Use the head tilt chin lift technique.
 - Place one hand on the forehead and two fingers on the bony part of the chin.
 - Gently tilt the head back to a neutral position to open the airway.
- Breaths:
 - Cover the infant's nose and mouth with your mouth to create a seal.
 - Deliver two small breaths.
 - If available, you can use a barrier device instead of direct mouth-to-mouth contact.

Remember, providing breaths is crucial for infants during CPR. Stay calm, follow these steps, and seek immediate medical help.



LIST OF RECOMMENDED VACCINES

HepB Hepatitis B RV* Rotavirus DTaP
Diphtheria, Pertussis, & Tetanus Hib*
Haemophilus influenzae type b PCV13,
PCV15 Pneumococcal disease IPV
Polio COVID-19** Coronavirus disease
2019 Flu† Influenza MMR Measles,
Mumps, & Rubella Varicella
Chickenpox HepA‡ Hepatitis A



FUN FACTS

- Newborns have a strong sense of taste: Babies can taste the flavors of the foods their mother eats through the amniotic fluid during pregnancy, which can influence their food preferences later in life.
- Newborns have a unique smell: Newborn babies have a distinct and pleasant smell often referred to as "new baby smell." It is believed to be a result of the amniotic fluid and vernix that coats their skin.
- Newborns have a preference for human faces: Even in the early days, newborns are drawn to human faces and can recognize their parents' faces shortly after birth.
- Babies are born with natural swimming abilities: Newborns have a natural instinct to hold their breath and move their arms and legs in a swimming-like motion when placed in water, a reflex known as the diving reflex.
- Newborns have more bones than adults: At birth, a baby has around 300 bones, which is more than an adult. Some of these bones fuse together as the child grows, resulting in the average adult having 206 bones.
- Babies have a stronger sense of hearing than adults: Newborns can hear higher frequencies and softer sounds than adults. They are particularly responsive to their mother's voice, as they have been hearing it in the womb.
- Newborns can communicate through crying: Crying is a primary means of communication for infants. Babies can have different types of cries to express hunger, discomfort, tiredness, or other needs.
- Newborns have a natural instinct to suckle: The rooting reflex helps babies find their mother's breast for feeding. They can also suck on their fingers, pacifiers, or other objects as a way to self-soothe.
- Babies have a well-developed sense of touch: Newborns are sensitive to touch and find comfort in being held, cuddled, and swaddled. Skin-to-skin contact with parents has numerous benefits for both the baby and the parents.
- Newborns can experience "witching hour": Witching hour refers to a period, usually in the evening, when babies become fussy and difficult to soothe. It is a normal phase that often occurs around 2-3 weeks of age and typically resolves on its own after a few months.
- Remember, each baby is unique, and while these facts generally apply to newborns, individual experiences may vary. It's essential to trust your instincts as a parent and seek advice from healthcare professionals when needed.