

# Rowan's Rule

## Infant CPR: Would **YOU** Know How to Help?

When Rowan stopped breathing at just 7 days old, his parents had to search online to learn infant CPR.

Nobody expects the worst to happen, but knowing what to do – and acting quickly – can save a life.

**We don't want anyone to feel as helpless as we did.**



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infant CPR  
videos

### Main CPR steps

- Call 999
- Put the phone on loudspeaker and tell them you are with a baby who is not responding.
- Give 5 breaths
- Give 30 compressions at a rate of about 2 per second
- Give 2 breaths
- Continue cycles of 30 compressions and 2 breaths
- Continue CPR until help arrives or the baby shows signs of life.

**The call handler will support you throughout**

You don't have to remember everything – the 999 call handler will help you

**CPR can save a baby's life**