

WHAT TO DO IF YOUR BABY CHOKES ON MUCUS?

Coughing and noisy breathing may be symptoms of choking in babies.

Give first aid right away.

Steps to perform when the baby is choking



1. Sit down and lay the baby stomach-down along your forearm and take support from your thigh.

2. Apply five gentle back blows with the heel of your palm between the baby's shoulder blades.

3. Support the baby's head and turn their face up on your forearm. Place two or three fingers in the middle of the baby's chest and push down gently five times.

4. Repeat the process until the baby expels the mucus.