



# How to put a baby in the recovery position



**Easy read booklet 6**

# Who we are and what this booklet is about



We are **St John Ambulance**. We are a charity that gives **first aid** and teaches other people how to give first aid.



**First aid** is when you help someone with a health problem until a medical expert like a doctor or paramedic can help them.



We have 8 booklets to help you learn how to give first aid.



This booklet tells you how to put a baby in the **recovery position**.

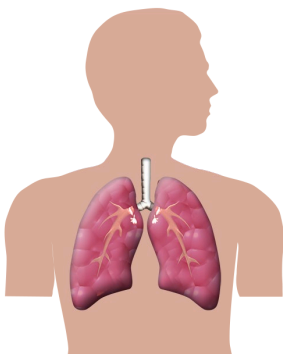
# The recovery position



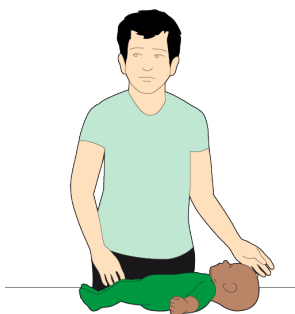
The **recovery position** is a certain way you should place someone's body if they are **unconscious** and breathing normally.



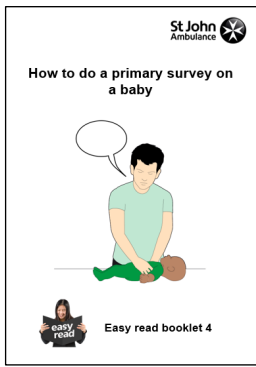
**Unconscious** means they are not awake and will not wake up if you touch them or talk to them.



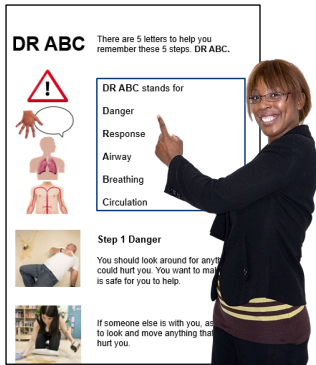
You need to do a **primary survey** to check if they are breathing normally.



A **primary survey** is when you first check someone who is very unwell to find out how you should help them.



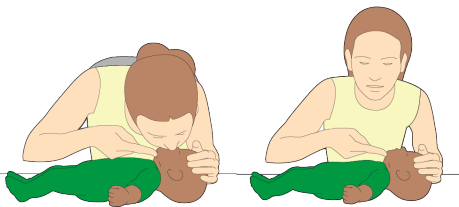
Booklet 4 tells you how to do a primary survey on a baby.



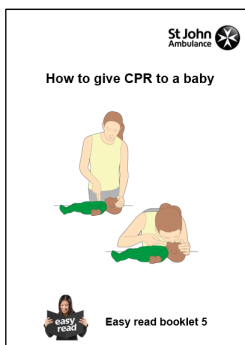
Booklet 4 will also tell you how to check for a **response**.



A **response** is when someone moves their body or talks when you touch them or talk to them.



If the baby is not breathing normally, start **CPR**.

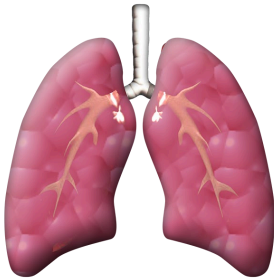


Booklet 5 tells you what **CPR** is and how to give **CPR** to a baby.

# How to put a baby in the recovery position



Cradle the baby in your arms with their head facing down.



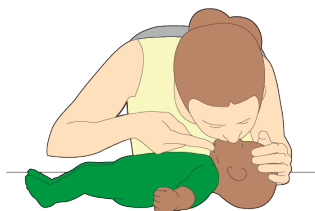
It will be easier for the baby to breathe, and they will not choke on their own spit or sick.



If someone is with you, ask them to call **999** or **112**.



If you are alone, call **999** or **112** and put them on speakerphone so you can keep checking the baby's response and breathing.



If they stop breathing normally, start CPR.

**Thank you for reading booklet 6**

Thank you to A2i for the words  
**[www.a2i.co.uk](http://www.a2i.co.uk)** (reference 368711)