



Elkins School District
Alternate Method of Instruction (AMI)



AMI Day # 1

School Name	Elkins High School
Teacher Name	Cassie Baker
Subject / Course Name	Child Development / Parenting
Assignment Description	ONLINE: no PAPER HARD-COPY: read article and answer questions
Contact Information	PHONE/TEXT: n/a EMAIL ADDRESS: cbaker@elkinsdistrict.org OTHER: (maybe website, google, remind app, etc.)

Assignments will be graded and entered into the gradebook according to the teacher's grading system.
Attendance will be recorded based upon completion of the assignment.

CPR for Children

Lifesaving steps to rescue your child if she stops breathing.

By Dr. James M. St. Louis

Illustrations by Amy Stern

If your baby isn't moving or responding to your voice, immediately place her, faceup, on a firm surface. Open her airway by tilting her head back and lifting her chin. Place your ear close to her mouth and nose to listen and feel for breathing, and watch for chest movement. If your baby isn't breathing, follow these steps.

1. Start rescue breathing.

Hold her head tilted and chin lifted to keep her airway open.

Seal her nose and mouth with your mouth, and exhale two gentle breaths—make sure her chest rises each time. Remember that a baby's lungs are much smaller than yours, so it will take much less than a full breath to fill them (newborns require only a mouthful of air).



2. Begin chest compressions.

Locate the lower half of her breastbone, just below her nipples and in the midline of her chest. Put two fingers on that spot, and push the chest down between one third to one half the depth of the chest. Repeat rapidly 30 times, letting the chest



return to its normal state after each compression.

Keep her head tilted back and give two slow, gentle breaths while covering her nose and mouth with your mouth. Repeat the cycle of 30 compressions and two breaths about five times.

3. Call 911.

If you're alone, make sure you give five cycles of CPR before stopping to call for help.

If your baby is small and isn't injured, you may be able to carry the child to the phone with you.

After calling, resume CPR until professional help arrives.

Take Action! Bystanders perform CPR in just one third of the cardiac-arrest cases that occur when other people are present.

- ★ Suffocation
- ★ Electrocution
- ★ Hypothermia
- ★ Anaphylactic shock
- ★ Hemorrhage
- ★ Poisoning
- ★ Drowning
- ★ Choking
- ★ Drug or alcohol overdose
- ★ SIDS
- ★ Smoke inhalation

Get CPR-Certified

Our guide is a great reference, but every parent should take a CPR class, ideally before you bring your newborn baby home from the hospital. For the nearest course, contact your local fire department, American Heart Association, Red Cross, or hospital, or check americanheart.org. Even if you've taken a course before, it's a good idea to repeat the class at least every two years to maintain your skills. Taking a refresher course also helps you stay up-to-date on any new CPR techniques. Try to find a child-care provider and babysitter who are also CPR certified.

Sources: Mary Fran Hozinski, R.N., clinical nurse specialist at Monroe Carell Jr. Children's Hospital at Vanderbilt University; National Institutes of Health; American Heart Association; Mayo Foundation for Medical Education and Research; Nemours Foundation; C.H.A.S.E. for Life.



If you find your child motionless and he doesn't respond to your voice, immediately place him, faceup, on a firm surface. If there is someone else in the room, send her to call 911. Tilt your child's head back and lift his chin to open his airway. Look, listen, and feel for breathing for at least five seconds. If your child isn't breathing normally, follow these steps.

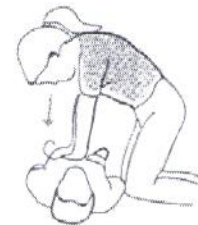
1. Start rescue breaths.

Keep his head tilted back to maintain an open airway. Pinch his nose shut, place your mouth over his, and exhale two breaths, each one second long, into his lungs. Each breath should make his chest rise.



2. Begin chest compressions.

Put the heel of one hand in the center of your child's chest. You can place your second hand on top of your first for better balance and pressure. Push down hard between one third to one half the depth of his chest. Repeat rapidly 30 times (about two compressions per second), but allow the chest to return to its normal state between each compression.



Pinch his nose shut, put your mouth over his, and give two more one-second breaths. Repeat the cycle of 30 compressions and two breaths about five times.

3. Call 911.

If you're alone, don't stop to call for help until you've given five cycles of CPR. After calling 911, continue CPR until your child starts to move or trained rescuers arrive to take over.

See an EMT ASAP

Anytime a child or infant stops breathing, he needs to see a doctor or an EMT professional right away. Even if you perform CPR and he starts breathing again on his own, you still need to take him to the emergency room or have an EMT examine him. He might seem fully recovered, but a doctor still needs to make sure that his airway is completely clear and that he doesn't have any internal injuries. It's also important for a doctor to determine why CPR was necessary so you can prevent the emergency from happening again.

Don't be caught off guard in any emergency: Print out other guides for fast-action treatment at parents.com.

1. As it is used in the passage, the word compressions means
 - a. the result of being flattened as by pressure
 - b. a folded cloth or pad applied so as to press upon a body part
 - c. a machine for compressing
 - d. breaths
2. After exhaling breaths into the infant's lungs, the person performing CPR should
 - a. pinch his nose shut
 - b. repeat the cycle of 30 compressions
 - c. tilt his head back
 - d. put the heel of one hand in the center of the child's chest
3. The purpose of this article is to
 - a. warn about the dangers of smoke inhalation
 - b. instruct caretakers as to how to perform basic CPR
 - c. persuade all Americans to become CPR certified
 - d. describe the development of infants and toddlers
4. The purpose of the bulleted list in the box is to
 - a. draw attention away from the article as a whole
 - b. provide a quick reference listing times to use CPR
 - c. name the top causes of Sudden Infant Death Syndrome
 - d. list common childhood illnesses

5. It's a good idea to repeat the CPR class every two years because
 - a. it helps you stay up-to-date on any new techniques
 - b. laws require all parents to keep current certification
 - c. you may want to become an EMT
 - d. the order of the steps may change completely
6. The article states that you should perform 5 cycles of CPR before calling 911 because
 - a. the EMTs will not respond if you have not already tried CPR
 - b. you lose valuable life-saving time making the call
 - c. 911 operators are not trained to deal with CPR situations
 - d. professional help is too expensive in most cases
7. As it is used in the passage, the word bystanders means
 - a. one present but not taking part in an event
 - b. byway
 - c. a secondary and unintended result
 - d. to avoid by means of bypass
8. Why should you let the chest return to its normal state after each compression?
 - a. to cause an irregular heartbeat
 - b. to avoid brain damage
 - c. to start the heart beating again
 - d. to avoid overfilling the lungs

