



The 7 Steps Every Parent Must Take to Be CPR Ready

When it comes to your child's safety, every second matters. Being *CPR Ready* doesn't just mean you've taken a class — it means your entire family is prepared to act confidently if the unexpected happens.

In this quick guide, you'll learn the 7 essential steps to go from "I hope I'd know what to do" to "I've got this." You don't need to be a medical professional. You just need a plan, a little practice, and this checklist.

Step 1: Learn CPR the Right Way

Why it matters: CPR for infants and children is *different* from adult CPR — *knowing* the difference is vital.

Action:

- Take a certified Pediatric CPR class (in-person or online with real-time Instructor feedback).
 - Refresh your knowledge every 2 years.
- 🗣️ *Pro Tip:* Choose a class that includes hands-on practice or manikin feedback.

Step 2: Create a Family Emergency Plan

Why it matters: When everyone knows their role, panic turns into purpose.

Action:

- Post a list of emergency contacts (doctor, poison control, emergency numbers).
 - Decide who calls 911, who grabs the first aid kit, and who meets first responders.
 - Review it every 6 months.
- 🗣️ *Pro Tip:* Keep a printed copy on the fridge and a digital one in your phone.

Step 3: Childproof for Emergencies (Not Just Safety)

Why it matters: Most emergencies (choking, poisoning, falls) happen *inside* the home.

Action:

- Anchor furniture and TVs.
 - Lock up medications and cleaning supplies.
 - Keep small objects, coins, and foods like grapes or hot dogs out of reach.
- 🗣️ *Pro Tip:* Crawl through your home — if you can see it from a toddler's height, it's fair game.

Step 4: Build a Family First Aid Station

Why it matters: You can't respond fast if supplies are scattered.

Action:

- Create a central "Safety Station" with a stocked first aid kit, gloves, and emergency info sheet.
 - Check supplies every 3 months for expiration.
- 🗣️ *Pro Tip:* Label it "Mom/Dad's Rescue Kit" — kids will remember that name in a crisis.



Step 5: Practice the “CPR Minute Drill”

Why it matters: In cardiac emergencies, *muscle memory* saves lives.

Action:

- Once a month, spend 1 minute practicing CPR hand placement and rhythm on a manikin.
- Practice performing back blows and chest thrusts (choking steps) on a manikin.
🧠 *Pro Tip:* Use a metronome app at 100–120 beats per minute — that’s the CPR rhythm!

Step 6: Be “AED Aware”

Why it matters: AEDs (Automated External Defibrillators) can restore a heartbeat *before* EMS arrives.

Action:

- Locate the nearest AEDs at home, gym, school, and daycare.
- If you own one, check pads & batteries regularly.
🧠 *Pro Tip:* Add AED expiration checks to your calendar reminders (pads usually expire every 2 years).

Step 7: Involve the Whole Family

Why it matters: Emergencies aren’t solo events — kids and caregivers play key roles too.

Action:

- Teach kids how to call 911 and give the address.
- Share your CPR knowledge with babysitters, grandparents, and family friends.
🧠 *Pro Tip:* Make it fun — have a “Family Safety Night” every 3 months with snacks and short practice drills.

You’re already a great parent — let us help you take preparation to the next level confidence.

Scan the QR code below to register for our Infant Safety Essential Workshop and give your baby the safety they deserve.

