TODDLER (CHILD 1-4 YEARS OLD) CHOKING FIRST AID

UNCONSCIOUS

ENSURE 911 HAS BEEN CALLED

1



1. LAY TODDLER ON THE FLOOR

2



2. GIVE 30 CHEST COMPRESSIONS W/ HEEL OF YOUR HAND

3



3. LOOK IN THE AIRWAY

4



4. SWEEP THE OBJECT OUT IF YOU SEE IT
‼ NO BLIND ‼
FINGER SWEEPS

5



5. PROVIDE 2 BREATHS/ PUFFS LASTING NO LONGER THAN 1 SECOND EACH
LOOK FOR CHEST RISE
IF CHEST DOESN'T RISE ATTEMPT 2ND BREATH
THEN GO BACK TO 30 COMPRESSIONS

‼ CONTINUE ‼
30 COMPRESSIONS
LOOK IN THE AIRWAY
ATTEMPT 2 BREATHS
UNTIL OBJECT IS REMOVED & TODDLER STARTS BREATHING OR EMS ARRIVES
‼ MAKE SURE TODDLER ‼
GOES TO THE HOSPITAL

MY FAMILY'S FIRST AID
LIFE SAVING SKILLS
MF1A
2019

This guide is for general educational and first-aid prioritization purposes only and does not list all kit contents — refer to the kit inventory for a complete list. The QR videos are general educational references, not a substitute for proper training, sound judgment, or professional medical care. Always act within your training, follow applicable laws (including Good Samaritan laws), and call 911 or local emergency services when possible. My Family's First Aid LLC makes no guarantees about outcomes and disclaims liability for injuries, damages, or losses from use of this guide, videos, or first aid application, to the fullest extent permitted by law.
By using this kit, guide &/or videos, you agree to these terms. © 2026 MF1A – My Family's First Aid LLC. All Rights Reserved.