

RESPIRATORY TREATMENT FOR INFANTS

- **Inhalation**, always with the child in a sitting position or as upright as possible. The child must not have a comforter in their mouth and the mask should be tight against the face!
- Change the position/posture regularly. The lungs are aired differently depending on the position of the body.



- Rock the child on a large ball or on the knee in different positions (lying on their side, stomach, sitting). Press lightly on the child's chest to give extra stimulation when exhaling.



- Help/entice the child to move their arms and legs. Leg activity and arm movements above the head stimulate deep breathing.



- Give the child support to cough by providing support over the child's stomach or by taking the child in your arms and "hugging".



Repeat frequently, at least every other hour when the child is awake.

Link to a video:



