

# 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".



Link and QR-code to a video with further instructions:

<https://play.mediaflow.com/ovp/17/41CFKGM4WF>

