

Rowan's Rule

Introducing Infant CPR to New Parents

When Rowan stopped breathing at 7 days old, we had to Google how to perform infant CPR

Nobody expects the worst to happen, but knowing what to do could make all the difference

We don't want anyone to feel as helpless as we did

Would YOU know how to help?



Scan QR code for CPR video



Call 999

Firm surface

5 breaths

30 fast compressions

2 breaths

30 fast compressions

Repeat until help arrives