

Infant CPR Classes

In the Seattle area

As you get ready to take your baby home from the hospital, we will talk with you about *cardiopulmonary resuscitation* (CPR). CPR is a way to keep someone alive when their heart or breathing has stopped.

We will ask you to watch a video on infant CPR before discharge. You can also take an infant CPR class listed in this handout.

Babysafe with Infant CPR

Offered by UW Medicine

This 3-hour weeknight course is taught by a certified CPR instructor. Topics include infant development, lowering the risk of sudden infant death syndrome (SIDS), preventing injuries, and how to take care of common injuries. The teacher will show how to do infant CPR and how to rescue an infant who is choking, and give you time to practice these in class. This class does not include a certification card.

To register: www.uwmedicine.org/services/obstetrics/childbirth-classes

Cost: \$50 dollars for 2 adults

Where: UW Medicine Roosevelt Clinic, 4245 Roosevelt Way N.E., Seattle, WA 98105

Babysafe and CPR

Offered by Northwest Hospital

This 4-hour course is taught by a certified CPR instructor. Topics include infant development, lowering the risk of sudden infant death syndrome (SIDS), preventing injuries, and how to take care of common injuries. The teacher will show how to do infant CPR and how to rescue an infant who is choking, and give you time to practice these in class. This class does not include a certification card.



We will talk with you about infant CPR before you take your baby home.

To register: www.nwhospital.org/classes/classes_childbirth.asp#7

Cost: \$50 dollars for 2 adults

Where: Northwest Hospital, CHESC Classroom 739, 1550 N. 115th St., Seattle, WA 98133

Heartsaver First Aid CPR AED

Offered by Seattle Children's Hospital Athletic Trainers Program

In this class, you will learn about:

- First aid basics
- How to identify and care for medical emergencies
- How and when to call 911
- Child and adult CPR and AED (*automated external defibrillator*)
- Infant CPR
- How to help a choking infant, child, or adult

This class is for adults with little or no medical training. It is ideal for parents, caregivers, or others who need training in first aid, CPR, and AED use. At the end of the course, you will receive an American Heart Association (AHA) Heartsaver First Aid CPR AED Course Completion Card. The card is valid for 2 years.

All instructors have AHA credentials. Classes fill quickly. There is no waiting list.

To register: www.seattlechildrens.org/classes-community/classes-events/first-aid-cpr-aed

Cost: \$50 dollars per person

Where: Seattle Children's Hospital, 4800 Sand Point Way N.E., Seattle, WA 98105

CPR for Parents and Families

Offered by CPR Seattle

This American Heart Association program is for new parents or anyone who wants to learn the lifesaving skills of infant, child, and adult CPR and choking. Infants are welcome and children 10 years and under may attend free with a parent who is enrolled. You will receive a manual to take home. This class does not include a certification card.

To register: www.cprseattle.com/cpr-for-parents-families

Cost: \$46 dollars per person

Where: CPR Seattle, 4222 Stone Way N., Seattle, WA 98103

Questions?

Your questions are important. Talk with a member of your baby's healthcare team if you have questions or concerns.

Neonatal Intensive Care Unit:
206.598.4606