How to put infants into the recovery position

If an infant is unresponsive and breathing normally, you need to put them into the recovery position. To do so, you should:

1 Pick them up and cradle them in your arms.

2 Gently position the infant so that their head is tilted back and angled downwards. This will prevent them from choking or inhaling vomit.

3 Make sure that the infant is still breathing. You may need to perform CPR if their condition deteriorates.

4 Contact the emergency services on 999 or 112 if they haven't already been called. You should continue to monitor the infant until medical help arrives.

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