



CHILD COLLAPSES

KNOWN OR SUSPECTED BREATH-HOLDING SPELL

EMERGENCY MEMORY PROMPT

1

CHECK NOW

- Make the area safe. Check response and normal breathing.
- Shout for help and note the time.

2

UNRESPONSIVE + NOT BREATHING NORMALLY?

CALL 999 and start paediatric basic life support / CPR.
Follow your training and the call handler's instructions.

3

BREATHING - KNOWN SPELL

- Lay the child on their SIDE on the FLOOR - do not pick them up.
- Protect from injury, clear the area, stay with them and time the spell.

NOTHING IN THE MOUTH - NO DUMMY • FINGERS • FOOD • DRINK

4

CALL 999 IMMEDIATELY IF:

- the child faints and cannot be woken
- the child is stiff, shaking or jerking
- the lips, tongue, face or skin suddenly turn pale, blue or grey

5

WHEN THE CHILD RECOVERS

- Reassure and allow quiet rest. Keep checking normal breathing and recovery.
- Inform the manager and parent/carer. Record the event and follow the child's plan.

NEVER

Shake the child • Splash water • Tell them off

If the event is not the child's known pattern, or you are seriously concerned, call 999.



FIRST AID GARAGE • www.firstaidgarage.co.uk

Memory aid only - follow the child's plan, your setting's emergency procedure and current first-aid training. NHS guidance checked July 2026.