

Cough assist care: Expiratory aid

•	Anticipate
•	Prepare
•	Proceed
•	Position your child
•	Apply abdominal thrusts
•	Apply lateral thoracic (chest) compressions
•	Apply thoracic compressions
•	Apply directed cough technique
•	Suction secretions as needed
•	Repeat, as needed, the techniques which are most effective for your child
•	Recover