



Cough assist care: Expiratory aid SUMMARY OF STEPS

Steps	Notes
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	