

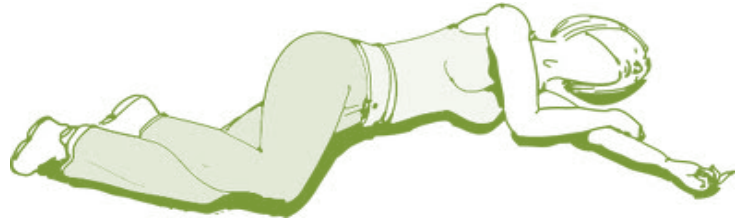
# Managing an episode of breath-holding

*These guidelines are for supporting children who have been identified as engaging in breath holding by a qualified medical practitioner. You should always seek immediate medical advice for any child with unexplained breathing difficulty.*

**No emergency help with breathing is required!**

As the child faints try to protect them from falling against any hard or sharp objects.

Place child in the recovery position on their side and wait for them to start breathing again.



**Do not** try to rouse them by shaking them or splashing them with water.

When they wake up they are likely to be upset and distressed. Give them lots of reassurance that they are fine and that there is nothing to worry about.

Avoid communicating any anxiety to the child by staying calm and behaving as if nothing has happened.

**Do not** be angry with the child. They should not be punished for breath holding. Equally, they should not receive any special attention or rewards.

**Protect – Stay Calm – Reassure – Move on**

