



## Heart Rate

### What is a heart rate?

- A person's heart rate or "pulse" is the number of times the heart beats per minute. It will change depending on things like activity, stress, body temperature, medicines, and illness.

### What is my child's heart rate range?

- \_\_\_\_\_ bpm (beats per minute)

### How do I take my child's heart rate?

1. Determine the best place to feel a pulse on your child.
  - a. The best spot to feel the pulse in an infant is the upper arm, called the **brachial pulse**. Lay your baby down on the back with one arm bent so the hand is up by the ear.
  - b. The best spot to feel the pulse in a child is the wrist, called the **radial pulse**. Gently feel on the inside of the wrist on the thumb side.
  - c. If you can't easily find the pulse on the wrist, you can try the neck, which has the **carotid pulse**. Gently place your fingers on one side of the windpipe.



Brachial Pulse



Radial Pulse



Carotid Pulse

2. Gently press two fingers (don't use your thumb) on the spot until you feel a beat.
3. When you feel the pulse, count the beats for one minute. The total number of beats you felt in one minute is your child's heart rate.