

How to Listen and Count

Your Child's Heart Rate

What is a heart rate?

A heart rate is the number of times the heart beats in one minute. For our patients the heart rate is counted for 15 seconds. Follow these instructions to listen and count your child's heart rate. Check your child's heart rate at least 3 times a day.

How do I listen to my child's heart rate?

1. Hold the earpieces so that they are facing forward (towards your nose). Place the earpieces in your ears.
2. Place the stethoscope head on the center of your child's chest.
3. Listen to your child's heart rate for 15 seconds. Count how many beats you hear.



What should I do if my child's heart rate is too fast?

Your child's heart rate will change throughout the day.

- If you hear more than 50 beats, this is TOO FAST.
- If your child does NOT look well, call 911.
- If your child looks well, wait 5 minutes and check again.

If you still hear more than 50 beats in 15 seconds during the second check:

1. Call your cardiologist.
2. Call the main CHLA number at 323-660-2450 and tell the operator you need to speak to the on-call Cardiologist.
3. Take your child to the emergency room.