

Choking



- Babies can choke very easily, even on their milk.
- Remember to keep small objects out of reach.
- Choose toys designed for the age of your child.
- Be aware of clothing with cords, dummies on ribbons or chains.
- Be aware of bag straps and baby monitor cords that could be lying round on the floor.
- Avoid teething necklaces as children can choke on the small beads. They also pose a strangulation risk.
- Don't leave children unsupervised with balloons as they can bite them. Small pliable balls – such as foam marbles, coins, safety pins can all be choking hazards.

X Choking on foods: So - what are the culprits?

Sweets (including lollipops), popcorn, grapes/cherries - round shape heightens this risk (and the pip can also get stuck further down in the throat). Hard fruit like apples/pears. Hard vegetables - especially peas, celery and carrots.



Hot dogs/frankfurters/sausages-round shape heightens this risk, burgers, chunks of cheese and meatballs. Banana (when cut round shaped or if too soft can mould to the airway like peanut butter). Peanuts and large nuts and seeds (peanut butter also can cause a risk as it can mould to the airway and obstruct it).



✓ What can we do?

Children need fruit and vegetables in their diets, so cutting food into small lengths, like sticks, rather than rounds can help minimise risk.

Cut grapes and cherries etc. into quarters. Grate fruit and vegetables or stew until soft rather than raw pieces can ensure healthy eating whilst avoiding choking hazards.



Explain to older siblings, that their younger brothers and sisters may not be able to chew well enough to eat the same foods they do. Make sure your child is in an upright seated position when they are eating.

