

Choking Prevention for Children

What You Can Do:

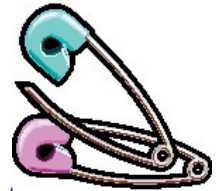
Kids under 3 are at higher risk

☺ Babies and children under age 3 put lots of things in their mouths. Choking occurs when a small object or piece of food blocks the airway.



Put away-everyday

☺ Homes and child care centers must be continually childproofed for safety. Small and/or sharp objects should be kept out of a child's reach.



The right toy at the right time

☺ Chose age-appropriate toys (follow age guidelines on toy packages). Inspect all toys regularly for breakage or loose parts. Purchase a small parts tester at your local toy or baby store. If an object fits in the tester, it is a choking hazard for children under age 3.



The right food at the right time

☺ When it comes to food, keep it safe, cut it small, and keep kids seated. Selecting and preparing appropriate foods for young children can help prevent airway obstruction. Children should eat only when sitting down, and be encouraged to take small bites and eat slowly.

Stay close by with a watchful eye

☺ When a child is eating or playing, ALWAYS stay close by and watch for signs of choking. Adult supervision is key to preventing choking.

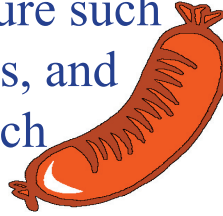
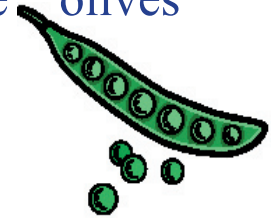


Watch Out For The Following Foods And Objects With Children Under Age 6

Foods:



- Raw vegetables such as celery, carrots, and peas; whole olives
- Cherry Tomatoes
- Nuts, sunflower seeds, pumpkin seeds
- Hard candy, lollipops, and cough drops
- Soft candies with a firm texture such as gel or gummi candies
- Marshmallows, taffy, caramels, and jellybeans
- Raw, unpeeled fruit slices such as apples and pears
- Whole grapes
- Cherries with pits; dried fruits such as raisins or apricots
- Chunks of foods, especially meat, poultry, and cheese
- Hot dogs, or sausages served whole or cut in “coins”
- Spoonfuls of peanut butter
- Snack chips and popcorn



Non-Food Items:

- Coins
- Button-cell batteries
- Buttons (loose as well as those attached to clothing)
- Deflated or broken balloons
- Rings and earrings
- Pencils, crayons, and erasers; pen and marker caps
- Nails, screws, staples, safety pins, and tacks
- Small toys, such as tiny figures, balls, or marbles
- Toys with small parts; small stones
- Holiday decorations, including tinsel or ornaments and lights



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