

PREVENT CHILDHOOD CHOKING

IT'S UP TO YOU

KIDS UNDER 3 ARE MOST AT RISK

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

CLEAN UP AND PUT AWAY—EVERY DAY

Homes and child care facilities 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

Choose 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

FOOD • Raw vegetables such as celery, carrots, and peas; whole olives; and cherry tomatoes • Nuts, sunflower seeds, pumpkin seeds, etc. • Hard candy, lollipops, and cough drops • Taffy • Soft candies with a firm texture such as gel or gummi candies • Marshmallows • Caramels and jellybeans • Popcorn • Raw, unpeeled fruit slices such as apples and pears; whole grapes, cherries with pits, and dried fruits such as raisins or apricots • Chunks of foods, especially meat or poultry, hot dogs or sausages served whole or cut in “coins;” cheese cubes • Spoonfuls of peanut butter • Snack chips

NON FOOD ITEMS • Coins, button-cell batteries • Buttons (loose as well as those attached to clothing) • Deflated or broken balloons • Pencils, crayons, and erasers; pen and marker caps • Rings, earrings • Nails, screws, staples, safety pins, tacks, etc. • Small toys, such as tiny figures, balls or marbles, or toys with small parts • Holiday decorations, including tinsel or ornaments that are toy-like, and lights • Small stones • Damaged or loose nipples on pacifiers or bottles



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