

## Reducing Choking Hazards

Toddlers are at greater risk for choking because their mouth muscles can't yet control hard or slippery foods and their airways are narrow.

Reduce the risk by:

- staying with your toddler while she eats
- not letting her eat while she's walking or riding in a stroller or a vehicle



### TRY THIS

Consider taking a first aid course – either online or in person – so you'll know what to do if your toddler chokes.



### BE AWARE

Whole nuts, whole peanuts, whole grapes, popcorn, gum, cough drops and hard candy are likely to cause choking. Don't give them to children under 4 years old.

If food is:	Like:	Make it safer by:
<b>Round</b>	<ul style="list-style-type: none"> <li>• Whole grapes, small tomatoes, large berries, hot dogs, sausages</li> </ul>	<ul style="list-style-type: none"> <li>• Slicing lengthwise into quarters</li> </ul>
<b>Hard</b>	<ul style="list-style-type: none"> <li>• Fruit with pits or seeds</li> <li>• Raw vegetables like carrots that can break into chunks</li> <li>• Whole nuts, whole peanuts, seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Removing pits and seeds</li> <li>• Grating or chopping finely, or cooking and slicing into thin sticks</li> <li>• Chopping finely</li> </ul>
<b>Sticky</b>	<ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Marshmallows, dried fruit, raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Spreading thinly or mixing with human milk or water to thin it out</li> <li>• Cutting into small pieces</li> </ul>
<b>Stringy</b>	<ul style="list-style-type: none"> <li>• Celery, oranges, grapefruit</li> <li>• Leafy vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Removing large, stringy sections</li> <li>• Cutting into small pieces</li> </ul>
<b>Chunky</b>	<ul style="list-style-type: none"> <li>• Lumps of peanut butter, nut butter, or seed butter on a spoon</li> <li>• Chunks of meat or cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing smooth varieties and spreading thinly</li> <li>• Cutting into small cubes</li> </ul>
<b>Easy to eat by the handful</b>	<ul style="list-style-type: none"> <li>• Pretzels, chips</li> </ul>	<ul style="list-style-type: none"> <li>• Serving small amounts onto a plate or bowl, not out of the bag</li> </ul>
<b>Bony</b>	<ul style="list-style-type: none"> <li>• Chicken</li> <li>• Fish</li> </ul>	<ul style="list-style-type: none"> <li>• Removing bones</li> <li>• Flaking and rubbing between fingers to feel for bones</li> </ul>