

# Babies and children can choke on small items. .keep small items out of reach

## Choking



There have been recent child deaths in Staffordshire where children have choked and died on small items commonly found around the home

### Top Tips

- Never prop feed your baby, they won't be able to push the bottle away.
- Keep small items out of reach.
- Cut food to make it safer, slice things like grapes into long thin strips.
- Encourage your child to sit still and concentrate when eating.
- Toys for children under 3 years old are designed without small parts, keep older children's toys away from your toddler.

### Choking risk by age

**Babies** can easily choke when drinking or on small objects. They often puts things in their mouth to explore.

**Young children (3-7)** have usually grown out of putting things in their mouths, however food can still be a risk.

**Toddlers** are still learning to chew, swallow and breathe, they can easily choke when distracted. Sweets, mini eggs, grapes, sausage can easily block the airway. They still put things in their mouth or even their ears or nose.

Good mealtime habits like sitting at the table help to keep children of all ages safe

# ANYTHING CAN BLOCK YOUR CHILD'S AIRWAY!

Rounded foods, and anything difficult to chew or swallow.

**'BABIES CAN EVEN CHOKE ON MILK.'**



## WHAT CAN WE DO?

- Give your children foods in small amounts
- Cut grapes and cherries etc. into quarters
- Grate fruit and vegetables
- Cook until soft rather than raw pieces
- Do not prop or leave babies alone with a bottle
- Teach older children not to give small toys to younger children

# Choking

### What to do if a child is choking

#### 1. Cough it out

- Encourage the child to keep coughing

#### 2. Slap it out

- Give 5 sharp back blows between the shoulder blades
- Check their mouth each time

#### 3. Squeeze it out

- Give 5 abdominal thrusts
- Check their mouth each time

#### 4. Call 999/112 for emergency help

- Repeat steps 2 and 3 until help arrives.



### What to do if a baby is choking

#### 1. Slap it out

- Lay the baby face down along your thigh and support their head
- Give 5 back blows between their shoulder blades
- Turn them over and check their mouth each time

#### 2. Squeeze it out

- Using two fingers, give 5 sharp chest thrusts
- Check the mouth each time

#### 3. Call 999/112 for emergency help

- Take the baby with you to call
- Repeat the steps 1 and 2 until help arrives

Courtesy of

