



## CHOKING HAZARDS

Children are more susceptible to choking than adults. Over 500 deaths occur each year in the United States due to choking and most of these people who die are children. Make sure you do all you can to protect the children in your care.

1. *To Avoid Choking Hazards...*

Adults should eat with children.

- Model taking small bites and chewing thoroughly
- Use preventive teaching to the children
- Serve food that is safe for children to chew and swallow

2. *To Avoid Choking Hazards...*

- Encourage small bites
- Encourage chewing completely
- Insist on children sitting
- Cut foods into small pieces (less than  $\frac{1}{4}$  to  $\frac{1}{2}$  inch)

3. *Careful: Choking Hazard!*

Avoid presenting food to children that is round and firm, sticky, or cut into large chunks. Food should be no larger than  $\frac{1}{2}$  inch in diameter for preschoolers and  $\frac{1}{4}$  inch for toddlers.

4. *Careful: Avoid These Foods*

**NUTS AND SEEDS**

Whole berries

Raw carrots and celery

Grapes, unless they have been cut in half

Firm, hard raisins

Hot dogs

Large chunks of meat or cheese

Popcorn

Hard candy

Chunks of peanut butter