

CHOKING HAZARDS: CAUTION

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Children are more susceptible to choking than adults. Over 500 deaths occur each year in the United States, due to choking. Many of those 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 safely prepared for children to chew and swallow
2. *To Avoid Choking Hazards...*
 - Encourage small bites
 - Encourage chewing completely
 - Insist on children sitting while they eat
 - Cut foods into small pieces (less than ¼ for toddlers and less than ½ inch for preschoolers)
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 ½ inch in diameter for preschoolers and ¼ inch for toddlers.
4. *Careful: DO NOT SERVE THESE FOODS TO YOUNG CHILDREN*
 - Nuts and Seeds
 - Whole berries
 - Sticks of raw carrots and celery (Cooked soft is safe; shredded is safe.
 - Grapes unless they have been cut in half or quarters
 - Firm, hard raisins
 - Hot dogs, unless they are cut lengthwise,...no rounds
 - Large chunks of meat or cheese
 - Popcorn
 - Hard candy
 - Chunks of peanut butter