

Choking Hazards



Supervise your child and others while they are eating.
Please be extra vigilant around the following foods.

Small hard foods

Hard foods can be challenging to swallow safely. For example...



Carrot



Apple



Nuts

We recommend avoiding foods that can break into hard sharp pieces, unless cooked, softened or grated.

Small round foods

Foods like this can lodge in children's airways. For example...



Grapes



Cherry
Tomatoes



Stone fruit/
large seeds/pips

We recommend chopping these foods into smaller pieces and removing any stones.

Foods with skins or leaves

For example...



Stone fruit



Cheerios/
sausages



Salad leaves

We recommend removing the skins and stones. Chop salad leaves finely.

Compressible foods

These are foods that can squash into the shape of a child's throat and get stuck. For example...



Popcorn



Marshmallows



Frankfurters

We recommend chopping these foods up into small pieces.

Thick pastes

Foods like this can form to the shape of a child's airway and stick to its side. For example...

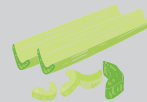


Peanut butter

We recommend thick pastes be avoided unless spread very thinly on bread.

Fibrous or stringy foods

The fibres in these foods can make it hard for children to break the food up into smaller pieces. For example...



Celery



Raw pineapple

We recommend slicing these foods thinly across the grain of fibres.

What can I do if a child is choking?

- **Call for help.** There will be someone present with a First Aid Certificate, ask for their assistance.
- If the **child can answer and still breathe (partial obstruction)**, encourage them to cough and expel the foreign body.
- **DO NOT try to fish for the object if you can't see it**, as you may push it down further.
- If the **child is unable to effectively cough, breathe or speak**, with no air movement this is a **total airway obstruction**, call 111 for an ambulance and follow these steps:
 - **Give 5 back blows** between the shoulder blades with the heel of your hand – not too hard – to create an artificial cough. **If it is a baby under 1 year of age**, place them face down on your lap for the back slaps. **Ensure you support the baby's head.** Give firm back blows, checking between each to see if the item is dislodged.
 - If unsuccessful, give up to **5 chest thrusts**. **If it is a baby under 1 year of age**, place them face upwards on a firm surface and give up to 5 sharp chest thrusts just below the nipple line. Check between each chest thrust to see if the item has been dislodged.
 - If the object has not come out **continue giving alternating** back blows and chest thrusts.
 - If the child becomes **unresponsive**, and not breathing normally, **check that an ambulance has been called** and perform CPR.