

# Prevent Choking in Toddlers

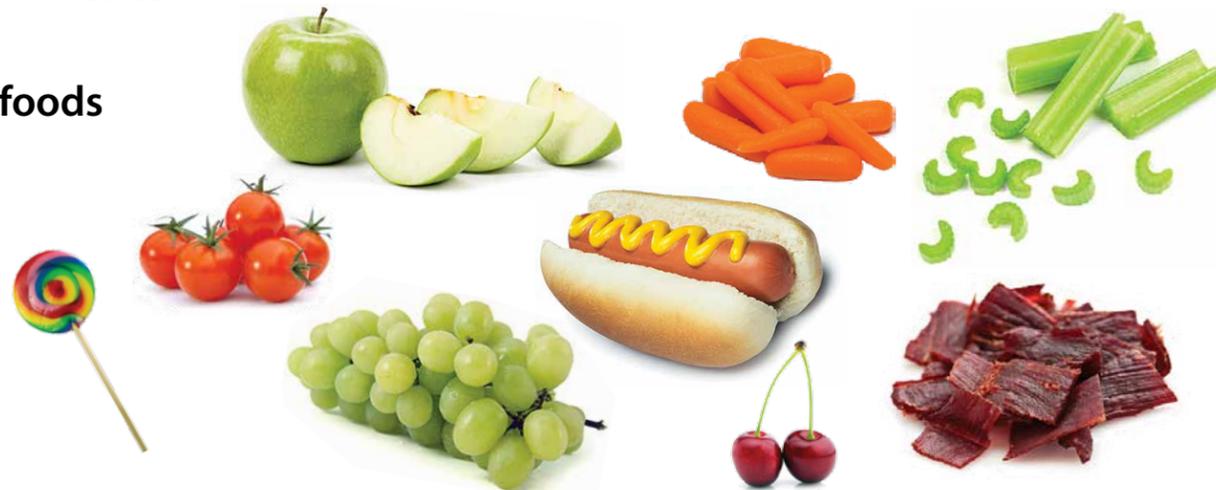
Young children are at risk of choking because they have limited ability to chew, immature feeding skills, small throats and airways, and are easily distracted.

## Prevent choking

- Supervise children while they are eating
- Limit distractions. Turn off the TV and cell phones during mealtime
- Have children sit while they are eating
- Make sure foods are small enough so they don't block the child's throat and airway
- Prepare food safely

## Examples of foods that may cause choking

- Foods difficult to chew
- Round foods
- Hard crunchy foods
- Sticky foods



## Prepare food safely

- Cook vegetables so they are soft (easily pierced by a fork)
- Cut food in small bite-size pieces ( $\frac{1}{4}$  to  $\frac{1}{2}$  inch) depending on age
- Cut carrots and hot dogs lengthwise and into small pieces
- Cut small, round food like grapes and cherry tomatoes in half
- Do not cut foods into round shapes
- Remove pits and seeds

**Do not feed nuts, pretzels, gum, hard candies, chips, popcorn, or marshmallows to toddlers.**

