

Prevent Choking in Toddlers

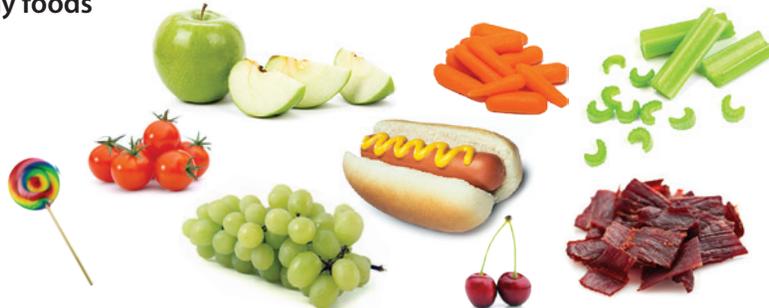
Young children are at risk of choking because they have limited ability to chew, immature feeding skills, small throats and airways, and are easily distracted.

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.

