



CHOKING: WHAT EVERY PARENT NEEDS TO KNOW

- * Choking is a leading cause of death in young children and toddlers.
- * Children are most likely to choke on small objects.

COMMON CHOKING HAZARDS

FOODS	HOUSEHOLD ITEMS
Hot dogs and sausages Chunks of meat Grapes (whole) Hard candy Popcorn Peanuts and nuts Raw carrots Fruit seeds Apple chunks Peanut butter Chewing gum Marshmallows/jelly candy	Coins Toys with small parts Small balls and marbles Balloons Arts & crafts materials Ballpoint pen caps Watch batteries Jewelry

* Pea-size pieces of food are safest for children 12-24 months of age.



WHAT PARENTS CAN DO:

- Avoid feeding your child hot dogs, apple chunks, raisins, and other foods that can cause choking without an adult present.
- Use a highchair or infant seat while feeding your child.
- Don't allow your child to walk or run while eating. Try to avoid eating in the car as well, since it's hard to supervise.
- Cut hot dogs in quarters lengthwise and then into small pieces. Cut whole grapes into small pieces. Chop nuts and carrots finely. Spread peanut butter thinly on crackers or bread - do not serve on a spoon.
- Don't let your child play with toys that have small parts that could be swallowed.
- Keep objects such as safety pins, nails, tacks, screws, jewelry, and coins out of child's reach.
- Check your house routinely for small objects and don't leave toddlers unattended.



REMEMBER:

- * **ALWAYS** watch your child while eating
- * **NEVER** leave your child alone while eating
- * **LEARN** CPR and the Heimlich maneuver.
- * **Call 911** if you are unable to get your child to breathe.

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