



## Children's Health

# Choking

### HOW TO PREVENT IT

Choking is the fourth leading cause of death in young children. Older babies and toddlers instinctively put things into their mouths. It's important to monitor what goes into little hands, knowing that it may end up in the mouth and possibly cause choking.

#### CHILDREN UNDER 3 YEARS

- Avoid feeding your child popcorn, nuts, hard candy, hot dogs, raw carrots, grapes, apple chunks and raisins.
- Don't let your child play with toys that have small parts (smaller than a 50-cent piece) that could be swallowed.
- Cut food up into small bites.
- Keep pet food out of reach.
- Keep objects, such as safety pins, nails, tacks, screws, jewelry, buttons and coins, out of reach. Check your house routinely for small objects.
- Never leave toddlers unattended.

#### ALL AGES

- Discourage eating while playing or laughing.
- Supervise eating of popcorn, nuts and hard candies.
- Never allow your children to suck or chew on balloons.

