

Safe From Choking



Why do children choke?

- Children can choke at any age. Young children are at greater risk.
- Their narrow airways are more easily blocked.
- Anything smaller than a 2p can choke them.

Food

- Choking on food isn't just about young children not chewing properly. It takes time to learn to breathe, chew and swallow in harmony.
- Until then, they need you to cut up or avoid anything that could block their airway and to teach them to sit still and eat.

Size and shape matter

Cut length ways and quarters - grapes, blueberries, strawberries, cherries and small tomatoes.

Remove skin, pips, or stones from fruits or vegetables.

Cut into thin strips - sausages, cheese, vegetables and large fruits like melon, apple, carrot, cucumber and mango.

Steam, mash or grate foods to soften them - carrots, chickpeas and butter beans.

Cut strips and remove bones, skin or fat from meat or fish.

Toast bread - to stop doughy balls. Cut all bread into thin strips.

How to prepare food

