



Choking and Suffocation



Children under 4 are at the highest risk for choking. Suffocation is a leading cause of injury death for infants under 1.

Choking prevention tips



- Keep out of reach! Babies explore their world by putting everything in their mouths.
- NEVER leave small objects (like coins, balloons, buttons or small toys) in your baby's reach, even for a moment.
- Avoid putting bandages on small children's fingers. Small children can choke on them.
- A child under 4 should not eat hard pieces of food like chunks of raw carrots, apples, hot dogs, grapes, peanuts, or popcorn. Cut foods you feed your child into very small pieces to prevent choking
- Try to keep bits of food off the floor where a child may find it and put it in his/her mouth. Empty wastebaskets often to keep children from taking things out and trying to eat from them
- Tie up or shorten cord on blinds or drapes
- Avoid potentially dangerous clothing and toys
- Remove drawstrings from hooded jackets
- Don't allow children to wear necklaces that are not designed to break away



Suffocation Prevention Tips

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keeps these things where your child cannot get them

To prevent suffocation and reduce the risk of sudden infant death syndrome (SIDS), babies should always sleep on their backs.

NEVER put a baby on a waterbed, bean bag or object that is soft enough to cover the baby's face and block air to the nose or mouth

Be prepared

Use a small parts tester (or even a toilet paper tube) to measure the size of small toys or parts. If the piece fits entirely inside the tube, your child can choke on it

Be prepared to save the life of a choking or suffocating child. Learn the Heimlich Maneuver, infant and child CPR and first aid

