

## Reducing Choking Hazards

Toddlers are at greater risk for choking because their mouth muscles can't yet control hard or slippery foods and their airways are narrow.

Reduce the risk by:

- staying with your toddler while they eat
- offering your child foods with textures that they can safely eat
- not letting them eat while they're walking or riding in a stroller or a vehicle
- knowing what to do if your child chokes



### TRY THIS

Consider taking a first aid course – either online or in person. See First Aid | HealthLink BC at [healthlinkbc.ca/tests-treatments-medications/first-aid](http://healthlinkbc.ca/tests-treatments-medications/first-aid)



### BE AWARE

Some foods are more likely to cause choking: whole nuts, whole peanuts, whole grapes, whole cherry tomatoes, seeds, dried fruit, olives with pits, fish with bones, popcorn, gum, cough drops, marshmallows, hard candy, and foods on toothpicks and skewers. Don't give them to children under 4 years old.

| If food is:    | Like:  | Make it safer by:   |
|----------------|--|---|
| <b>Round</b>   | <ul style="list-style-type: none"> <li>• Whole grapes, small tomatoes, large berries, hot dogs, sausages</li> </ul>  | <ul style="list-style-type: none"> <li>• Chopping, dicing or cutting lengthwise</li> </ul>  |
| <b>Hard</b>    | <ul style="list-style-type: none"> <li>• Fruit with pits or seeds</li> <li>• Raw vegetables like carrots that can break into chunks</li> <li>• Whole nuts, whole peanuts, seeds</li> <li>• Olives with pits</li> </ul> | <ul style="list-style-type: none"> <li>• Removing pits and seeds</li> <li>• Removing fruit skins</li> <li>• Grating or chopping finely, or cooking and slicing into thin sticks</li> <li>• Chopping finely</li> </ul> |
| <b>Sticky</b>  | <ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Dried fruit, raisins</li> </ul>  | <ul style="list-style-type: none"> <li>• Spreading thinly or mixing with human milk or water to thin it out</li> <li>• Cutting into small pieces</li> </ul>   |
| <b>Stringy</b> | <ul style="list-style-type: none"> <li>• Celery, oranges, pineapple</li> <li>• Leafy vegetables</li> </ul>   | <ul style="list-style-type: none"> <li>• Removing large, stringy sections and finely chopping</li> </ul>  |
| <b>Chunky</b>  | <ul style="list-style-type: none"> <li>• Lumps of peanut butter, nut butter, or seed butter on a spoon</li> <li>• Chunks of cheese and cheese strings</li> <li>• Chunks of meat</li> </ul>                             | <ul style="list-style-type: none"> <li>• Choosing smooth varieties and spreading thinly</li> <li>• Shredding or grating</li> <li>• Cooking until tender and cutting into small pieces</li> </ul>                      |
| <b>Bony</b>    | <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Fish</li> </ul>  | <ul style="list-style-type: none"> <li>• Removing bones</li> <li>• Flaking and rubbing between fingers to feel for bones</li> </ul>   |