

Choking is the most common cause of death in the under 3 and on average is the cause of death for one child every month in the UK (ROSPA).

What can a baby choke on?

New born babies can choke on things like curdled milk, mucus and vomit.

As they get older, they move on to solids and explore by putting things into their mouth. This means food or small toys can easily get stuck in their throat, stopping them from breathing.

For further information and educational resources for preventing choking please contact:

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What can I do to prevent my child from choking?

Always cut up food

- Babies and young children can choke on small, sticky or slippery foods. Always cut foods like tomatoes, grapes and blackberries into quarters. Make sure sausages are cut into very small, bite-sized pieces. Avoid pop-corn with toddlers and boiled sweets with children of all ages.

Keep small objects out of little hands

- Babies and toddlers examine things around them by putting them in their mouths. Keep surfaces clear of small toys like building bricks and marbles and coins. Always clean up after playing, especially if you have older children and abide by the age guidance on toys, avoiding toys with small parts with the under 5's.

Sit them down to eat

- Children are more likely to choke if they slip or trip while eating. Make sure children sit down to eat and drink, and not lie down, walk or run.

Stay within arm's reach

- ALWAYS supervise babies and young children when drinking their bottle and at mealtimes

Be Prepared

- Do a Paediatric/children's first aid course with reputable trainers. See The British Red Cross website for simple first aid skills www.redcross.org.uk and NHS Choices at <https://www.nhs.uk/conditions/first-aid/>