



# Healthy Beginnings

## Choking Alert!



Every other day, a child in the United States dies from choking on food. Children under four have the greatest risk of choking, but parents should be cautious through age five. Below are some tips to help you protect your child from choking.

### Behavior Tips

- Teach your child to chew well
- Encourage small bites
- Have your child sit while eating
- Always have an adult present when your child is eating
- Teach your child to not talk with food in his/her mouth
- Don't allow children to eat in a car because you may not notice they are choking

### Food Tips

- Cut food into small 1/4 - 1/2 inch pieces
- Cut grapes and cherry tomatoes into quarters
- Remove seeds and pits from fruits
- Don't keep dishes of hard candy or nuts on low tables within a child's reach
- Remove small bones from meat, chicken, and fish
- Spread peanut butter thinly

### Foods to Avoid Until Age 4

- |  |                                   |                                 |
|--|-----------------------------------|---------------------------------|
| • Nuts and seeds                       | • Large chunks of meat and cheese | • Hard candies                  |
| • Grapes (unless cut in quarters)      | • Raw celery sticks               | • Large chunks of peanut butter |
| • Hot dogs (unless cut in thin strips) | • Raw carrots (unless shredded)   | • Hard pretzels and chips       |
| • Marshmallows                         |                                   | • Popcorn                       |

Support for Healthy Beginnings provided by Shasta County Public Health and First 5 Shasta



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