

Infant and Child Choking (0-4 years)

Gagging is a protective reflex which lessens as your infant gets more proficient at eating. Gagging children are coughing and red in their face. Choking however, is much more serious and occurs when food gets stuck in the child's windpipe and blocks the airway. **A choking child is unable to cough, and, unlike gagging, is silent.**

CAUTION

The following foods can cause choking and are NEVER safe for children ages 0-4 years

- | | |
|--|---|
| <ul style="list-style-type: none"> • Nuts • Popcorn • Grapes • Hotdogs • Hard candy/Lollipops | <ul style="list-style-type: none"> • Raw carrots • Raw apples • Raisins and corn kernels • Fish with bones • Gum |
|--|---|

Foods That Can Cause Choking	How To Make These Foods Safer
Sticky Spreads: <ul style="list-style-type: none"> • Peanut butter, tahini, and almond butter 	Spread thinly on whole grain breads or crackers. Don't give spoonfuls of nut butters to a young child.
Hard Foods: <ul style="list-style-type: none"> • Some raw vegetables and fruit 	Cook hard foods to soften them. Grate foods into smaller pieces. Quarter any round slices.
Round, Smooth Foods: <ul style="list-style-type: none"> • Grapes and cherries 	Cut each into 4 small sections (quartering). Remove seeds or pits
Tube-shaped Foods: <ul style="list-style-type: none"> • Hotdogs, Whole cooked carrots 	Cut foods lengthwise into strips. Cut the strips into small pieces. If slicing hotdog into slices, quarter each piece.
Stringy or Chewy Foods: <ul style="list-style-type: none"> • Meat, long thin pasta, and melted cheese 	Cut these foods into small pieces.

Learn CPR! For an online review – www.infantcpr.com (discount code = roswell)
 Choking infants Ages 0-1: 5 back blows followed by 5 chest compressions and repeat
****Choking children Ages 1 and Older: Abdominal Thrusts (Heimlich Maneuver)****