

Other Choking Hazards:

Other items besides food can be choking hazards for young children. Any item less than 1.25 inches wide can pose a choking risk. Use a no-choke tube or a toilet paper tube to test small items. If the items fit in the tube, they are too small for children under the age of 3 years.

Examples of such items include:

- Marbles, beads, and small balls
- Toys with small parts (such as little cars, moveable figurines, etc.)
- Coins or buttons
- Pen or marker caps
- Paper clips and small batteries

Keep latex balloons away from children



under 6 years of age. If a balloon pops, the latex can become lodged in the child's throat.

- Follow age recommendations on toy labels.
- Check toys often to ensure they are in good condition.
- Keep all small items off the floor.
- Teach older children to keep track of their toys.

Snohomish Health District Mission Statement

To improve the health of individuals, families and communities through disease prevention, health promotion, and protection from environmental threats.



The Child Care Health and Nutrition Consultant offers consultations, presentations, STARS training and mealtime assessments to the child care community. These special services are designed to help child care providers ensure the health and safety of children in out of home care settings.

Child Care Health and Nutrition Consultant

3020 Rucker Avenue, Suite 206

Everett, WA 98201-3900

425.339.8697, Direct Line

425.339.5230 Community Health

childcarehealth@shd.snohomish.wa.gov

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CHILD CARE HEALTH

Choking Prevention



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Choking Risks

Choking on Food:

Certain foods are too difficult for young children (3 and under) to chew, while others can be actually dangerous, especially in a group setting. In a group care setting, children may be more easily excited, which increases their chance of choking. The level of danger depends on the size of the group, the type of food, and on each individual child's skill in eating.

Follow these general safety guidelines:

- Children do best when sitting to eat. It lets them concentrate fully on chewing and swallowing.
- Someone should be sitting with the children when they are eating to maintain a calm environment and handle problems should they arise.
- Small pieces of well-cooked foods that are the right texture and size for the age of the child.
- Eating in a car creates additional hazards. If the child starts choking, it's hard to safely pull over to the side of the road quickly enough to assist. Offer children snacks before or after traveling in the car.
- Model good chewing and eating behavior to children.
- Learn infant/child CPR and first aid for choking.

Avoid small round foods for children under 3 years old.

- Peanuts and whole nuts
- Peanut butter
- Vienna sausages and hot dogs
- Raisins, nuts, and popcorn
- Whole grapes or berries
- Cherry tomatoes
- Raw carrots
- Raw peas and green beans
- Apple chunks
- Hard candies
- String cheese
- Globbs of white bread
- Cherries with pits
- Orange sections
- Cucumber



Steam until soft and mushy before serving.

- Diced, grated or chopped carrots
- Green beans
- Snow peas
- Broccoli and cauliflower
- Celery, turnips, and other hard vegetables

These can be steamed until they are just firm enough to be used as finger food, but soft enough to be pierced with a fork.