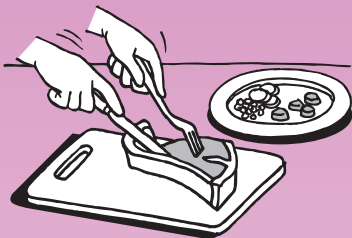


How to make food safer for young children

- Cut meat, chicken and sausages into small pieces, remove skins and excess fat.



- Grate, cook or mash all hard fruits and vegetables.



- Do not give foods that have small and hard pieces, like raw carrot, celery or apple.
- Do not give nuts, popcorn, corn chips, whole grapes, hard or sticky lollies.



For more information

St John Ambulance Australia (SA)
on 8306 6900.

Australian Red Cross on 8293 9200.

Kidsafe SA on 8161 6318.

24 hour Parent Helpline on
1300 364 100 or visit our website
www.cywhs.sa.gov.au and click on the
link to Child and Youth Health.

Women's and Children's Hospital
Health Information Centre on
8161 6875 for copies of this brochure.

In an emergency dial 000 for an ambulance.



**Government
of South Australia**

Children, Youth and
Women's Health Service



**Women's
& Children's
Hospital**

Centre for Health Promotion

Revised July 2007

Preventing Choking on food

for children 4 years
of age and under



Safe eating information
for families and carers

Why young children are at risk of choking on food

- They do not have back teeth to chew and grind food.
- They are still learning to eat, chew and swallow.

How to make eating safer

- Always sit down to eat.
- Watch your child while they eat.
- Encourage children to eat slowly and chew well.



- Never force children to eat.
- Do not give food or drink to children when they are running, playing, laughing or crying.

What to do if your child chokes on food

If breathing (effective cough)

1. Check the mouth for food, remove any food you see.
2. Ask your child to cough. Remove any food that comes out.
3. Stay with your child to make sure they are breathing normally.



4. If coughing has not removed the food and your child is not breathing normally, dial 000 for an ambulance.

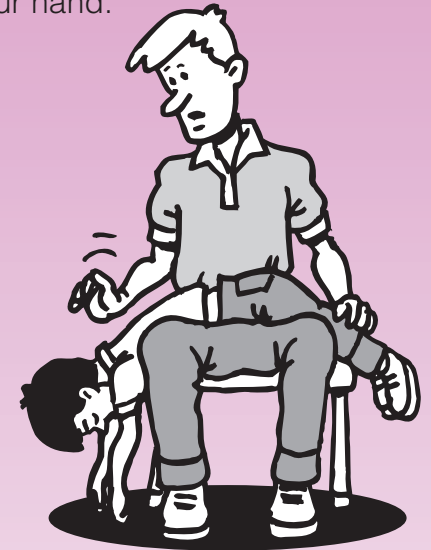


Difficulty breathing (ineffective cough)

Dial 000 for an ambulance



1. If your child is conscious, place them face down over your lap so that their head is lower than their chest.
2. Give up to 5 sharp blows between the shoulder blades using the heel of your hand.



3. Check mouth after each back blow and remove any food.

If your child is unconscious, dial 000 for an ambulance and commence CPR.

