



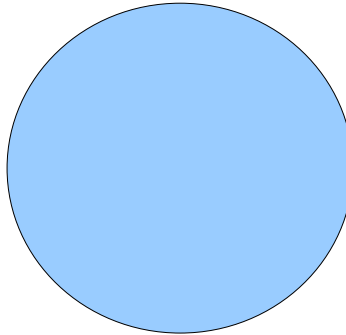
Paint Creek Pediatrics  
200 Diversion Street, Ste 20  
Rochester, MI 48307  
(248) 656-3440

## **PREVENTION OF CHOKING IN CHILDREN AND INFANTS**

### **EXAMINE TOYS**

- Examine all toys for small parts that can be dislodged accidentally or broken off.
- Keep updated on recalls or hazardous toys
  - check toys using the circle below to see if they are small enough to represent a choking hazard. Items smaller than 1 3/4" diameter are dangerous.

1 3/4 "



### **WATCH OUT FOR BALLOONS**

- Blow up balloons for your children and supervise when your child is blowing up a balloon
- Don't leave a deflated balloon or scraps from a burst on the ground where a baby or child can reach them.

### **CONTROL THE SIZE OF FOOD**

- If you serve hot dogs to your children, cut the hot dogs the long way, and then crosswise to create small pieces less than one inch long.
- If you serve your child grapes, cut them in quarters. Cut other fruits and vegetables into tiny pieces, making sure pieces are angular, not round.
- Most "teething" biscuits are meant for toddlers. Young babies can sometimes get a large wet piece of a biscuit or cracker caught in the back of their throat.

### **SUPERVISE EATING**

- Don't let your child play or run while eating or drinking. Instead they should always be seated
  - Don't give a child chewing gum until they are over 4 years of age. Children chewing gum should not run or play vigorously.



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## **LEARN CPR AND FIRST AID FOR CHOKING**

- No matter how hard you try to prevent accidents, the unthinkable can happen. That is why we recommend that all parents and caretakers take a CPR class to be prepared for choking emergencies. This handout cannot take the place of what you learn in a CPR class – it could save your child's life!! Information on these classes can be obtained by calling Beaumont's Physician Referral and Information Service at 1-800-633-7377.

The reverse side of this handout has instructions on what to do if your child is choking. Please review it carefully and keep it in a convenient place.