



Focus on...

Choking

Children can choke at any age. Young children are at a greater risk as their airways are narrow and they are still learning to chew, breathe and swallow in the right order. Anything smaller than a 2 pence piece can choke a child.

Food and small objects can cause choking in children. Each day around 40 under-5s are rushed to hospital after choking or swallowing something dangerous. 14 children under the age of 5 have died as a result of this in the past 4 years.

IT IS A REQUIREMENT OF THE EYFS TO BE WITHIN SIGHT AND HEARING OF CHILDREN WHEN THEY ARE EATING

Safety considerations

1. Stay with babies and young children whilst they are eating -this is an EYFS requirement
2. Encourage children to not move around whilst eating
3. Cut up foods – grapes, strawberries, small tomatoes – cut lengthways and into quarters. Sausage, cheese – cut into thin strips
4. Ensure you hold an up to date paediatric first aid certificate
5. Never use a self-feeding baby pillow or prop a baby's bottle up to feed
6. Be aware of small objects in reach of babies and young children
7. Keep older children's toys with small parts out of reach and keep coins and buttons stored out of reach.

Avoid these foods for babies and young children

Popcorn, marshmallows, chunky peanut butter, hard boiled sweets, jelly cubes, whole grapes, uncooked vegetables, cheese chunks, white bread, crackers and rice cakes.

Foods to cut up – grapes and other rounded fruits – cut lengthways and ideally into quarters.

[Safe from choking | How to prevent choking in children \(capt.org.uk\)](http://capt.org.uk)

[Millie's Trust \(milliestrust.com\)](http://milliestrust.com)

[Early Years Food Choking Hazards \(food.gov.uk\)](http://food.gov.uk)

