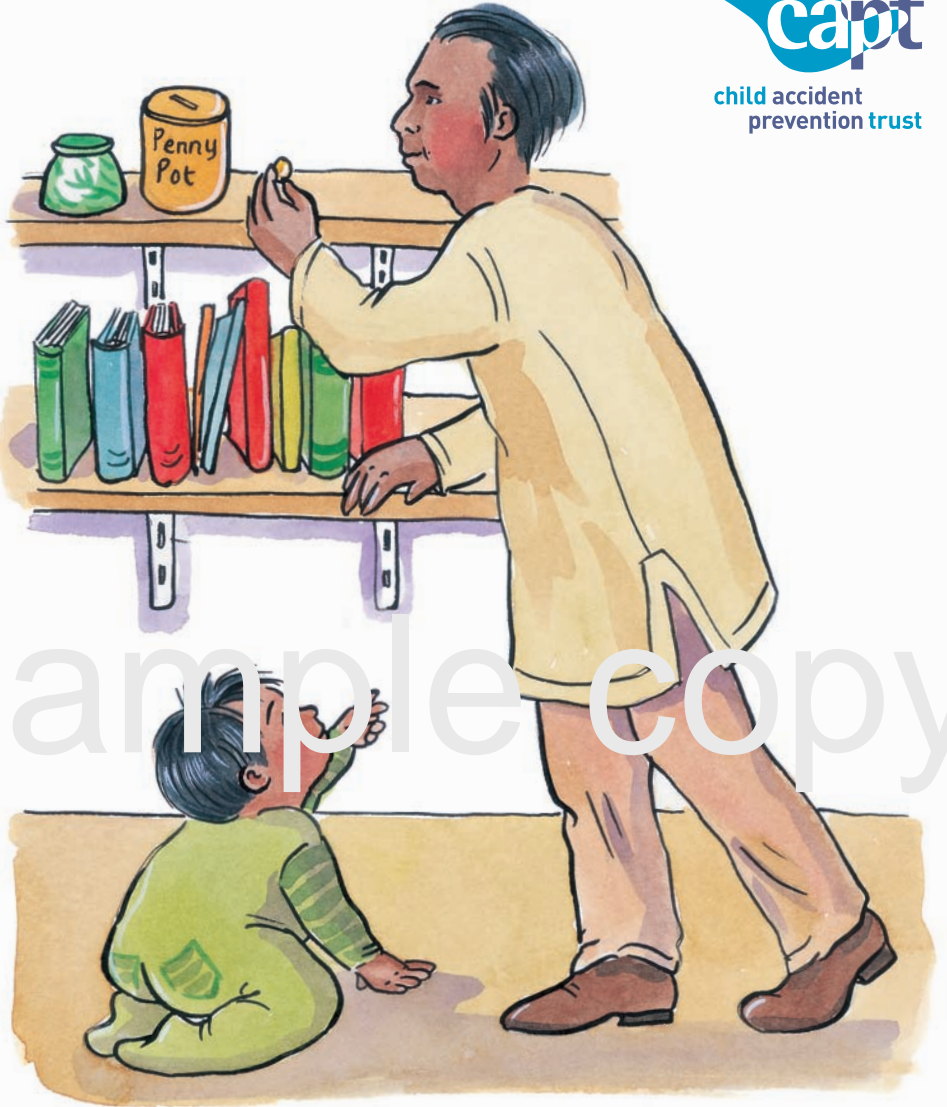




child accident  
prevention trust



**Put small things where  
I can't choke on them**

# Every year lots of babies and small children like me are rushed to hospital because **we've choked on something.**

**We get scared when we choke and can't breathe and we don't like going to hospital.**

**And, just sometimes, it's so bad that we die.**

## Why do we choke so easily?

- We like to put things in our mouths – it's part of how we learn about the world
- Our throats are narrow and can get blocked more easily than yours
- We haven't got proper teeth yet
- We haven't learnt how to chew, swallow and breathe in the right order.

## What makes us choke?

- Hard foods like sweets and nuts
- Large pieces of food – I can even choke on food you think is quite soft and small like a whole grape
- Small things like coins, buttons or little batteries
- Small toys or little bits from bigger toys
- Balloons before they are blown-up or when they have burst.

## Make sure we don't choke

- While I'm still a baby, always hold me while I drink
- Cut my food up for me
- Put small things where I can't find them to choke on
- Don't let me walk or run about with food in my mouth
- Give me toys that are right for my age.

## First aid

**It's really useful to do a first aid course. It might mean that you could save my life in a crisis.**

22-26 Farringdon Lane  
London EC1R 3AJ  
t 020 7608 3828  
f 020 7608 3674  
e [safe@capt.org.uk](mailto:safe@capt.org.uk)  
w [www.capt.org.uk](http://www.capt.org.uk)

