

# Choking and Suffocation

February 2017

*If children don't have their back teeth (molars) yet, they can't chew and grind food down properly.*

- ✓ Grate or mash hard fruits and vegetables and cut meat into small pieces before feeding it to young children.
- ✗ Don't feed young children small or hard foods which they can choke on such as nuts, popcorn, corn chips, whole grapes or sticky lollies.
- ✓ Watch your child while they are eating and make sure they sit down to eat. If your child is choking they can't call out to you so you need to be there to watch them.



*Children will put anything in their mouth.*

- ✓ Keep small objects around the house like marbles, lego, batteries and loose coins out of reach so they can't choke on them.

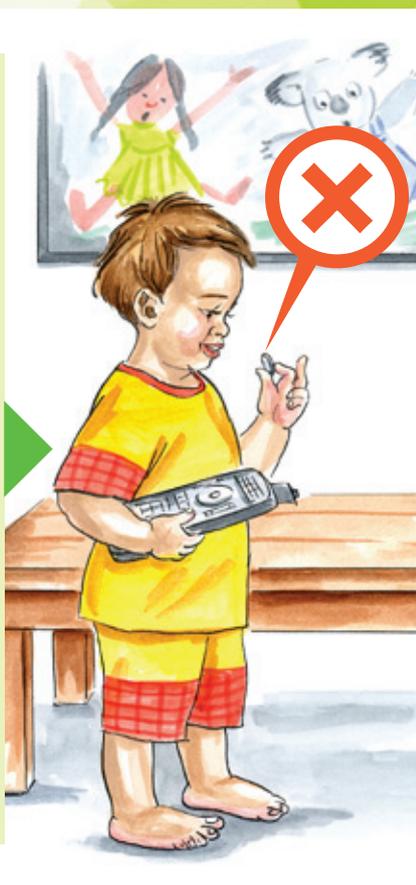
**Button batteries are extremely dangerous and can get stuck in a child's throat without blocking their airway.**

You may not even know that it's in there.

If a button battery gets stuck then your child may have flu like symptoms and will need to go to hospital quickly.

**Call Poisons Information Centre urgently on 13 11 26, if you think your child has swallowed a button battery.**

Button batteries can burn holes inside the body.



**Make sure there are no loose or dangling curtain or blind cords near your child's cot or areas where they might be crawling or playing.**

Young children can get tangled in the cords and strangle themselves.

- ✓ Tie up loose curtain or blind cords out of reach of children, at least 1.5 metres above floor level.



## Safety checklist to prevent choking and suffocation

- Do you always watch your child when they are eating?
- Do your children sit down to eat?
- Are all small toys stored away from young children?
- Have you checked all blind and curtain cords and keep them away from children?
- Have you checked your home for button batteries and devices that use them?
- Do you keep older children's toys out of reach of young children?

*If you think your child has swallowed or inserted a button battery, don't wait for them to show symptoms.*

**Call the Poisons Information Centre urgently for expert advice on what to do 24/7  
13 11 26**

**In an emergency situation, call 000 for an ambulance.**

**For more information, contact:**

Kidsafe SA Inc.  
Women's and Children's Hospital  
72 King William Rd,  
North Adelaide SA 5006  
Phone: (08) 8161 6318  
Email: [enquiries@kidsafesa.com.au](mailto:enquiries@kidsafesa.com.au)  
Website: [www.kidsafesa.com.au](http://www.kidsafesa.com.au)



Follow us on  
Facebook and Twitter