HOW TO PROTECT YOUR TODDLER FROM CHOKING HAZARDS

- Never let your toddler run or walk around with food in his or her mouth.
- Make sure your toddler is sitting upright and chews his or her food well.
- Make sure you are watching your toddler during mealtimes.
- Cut food into small places to make them easier to swallow.
- Round, solid food should be cut into chunks smaller than ¼ inch in size.

REMEMBER: The size of a toddler’s throat is about the size of a nickel!

COMMON ITEMS TODDLERS CHOKE ON AND WHY

- **Peanuts, Hard Candy and Popcorn**— A toddler does not have all of their molars, the grinding teeth at the back of the mouth. Without these, your toddler can swallow hard food that hasn’t been chewed, causing them to choke.

- **Hot Dogs and Whole Grapes**— Circular foods, such as these, are the shape of your toddler’s throat making them easy to get stuck.

- **Raw Vegetables**— These are harder foods which can get lodged in a toddler’s throat. To make these easier to swallow, cook the vegetables to make them soft.