



Safety Alert: Prevent Choking

Safety Tests: You can check food items and toys or other play objects for their safety against choking.



Use the toilet paper roll test:

Safe items CANNOT fit through a toilet paper roll.



Read the packaging of any new toys for suggested ages.

Small pieces are not meant for children under 3 years. Avoid latex balloons, small balls, marbles, and toys with small parts intended for older children. Check her toys for pieces that could break or fall off.



Check used toys (yard sale, hand-me-downs from friends and family)

to make sure they are in good working order and that there are no small pieces that can come off.



Choking is always a hazard. Young children explore and learn by putting things in their mouths. They have small airways, and their coughing is not strong enough to push out something that is blocking it.



Some health conditions, such as swallowing disorders, neuromuscular disorders, developmental delays, and traumatic brain injury, may make it more likely a child will choke.



Foods to avoid for children age 4 and under include the following: hot dogs, chunks of meat or cheese, grapes, raw vegetables, fruit chunks that could lodge in your child's throat, seeds, nuts, popcorn, hard candy, chunks of peanut butter, marshmallows, and chewing gum.



Your baby is new at chewing and swallowing. Cut fruit and cooked vegetables into small pieces—about ¼ inch (pea-sized). Give her a little bit of food at a time, so she is not tempted to put too many pieces into her mouth at once.



Food Allergy Basics

A food allergy happens when the body reacts against harmless proteins in food. The reaction often occurs shortly after eating or drinking that food.

A child can be allergic to any food. There are eight common suspects to check out first with your doctor: milk, eggs, peanuts, soy, wheat, tree nuts (e.g., walnuts, cashews), fish, and shellfish (such as shrimp).

Signs of an allergy can include itching, rashes, vomiting, diarrhea, wheezing, sneezing, and/or difficulty breathing,

The good news: Most kids outgrow egg, milk, wheat, and soy allergies by age 5. Allergies to peanuts, nuts, and seafood more often can last for a lifetime.

Research shows that introducing foods that can cause allergies, like soy, eggs, wheat, fish, and peanut butter, at 4-6 months may help to prevent the development of food allergies later. Talk with your baby's healthcare provider to learn what is best for your baby.



SAFETY ALERT: No honey for your honey – until she is at least 1-year-old. Honey may contain spores of botulism bacteria that may be linked to SIDS.

Talk Safety with Other Adults Your Child's Life



Be clear about safety messages, and convey these messages to everyone who cares for your child whether in your home, their home, or a child care program. You may want to even write down and post the safety rules you want them to follow.



Talk food allergies. Make a sign at home and be sure your child care facility has a list of food allergies for your child. When you go to a birthday party or travel, be sure there will be food your child can eat or take some with you.



Be sure anyone and everyone has your contact information and your child's healthcare provider contact information.