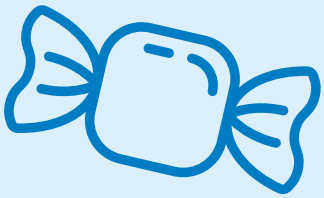
Ann & Robert H. Lurie
Children's Hospital of Chicago®

Choking Prevention

Suffocation, which includes choking, is the leading cause of death from unintentional injury in children under 1 years old, accounting for about 69% of deaths.

Many children learn and explore putting things in their mouth, using taste as a way to make sense of items around them. However, choking is one of the leading causes of accidental injury, accounting for nearly 70% of deaths in infants under 1. Choking commonly occurs with items such as small foods, hard candy, or coins. It's incredibly important to keep small ingestible items out of reach, as well as to make sure mealtime is safe. Follow these tips to minimize your child's risk of choking.



SAFETY TIPS

- Make sure meals are safe. Cut your child's food into smaller pieces.
- Keep small objects out of reach such as buttons, beads, nails, marbles, and coins. These can easily be ingested by children.
- Foods that commonly cause choking include nuts, grapes, and hard candy. Childrens younger than 5 years old should not eat these.
- When buying toys, ensure there are no small parts that may be potential choking hazards.
- Make sure your young child eats in a high chair or at the table with abult supervision, not while playing or lying down.

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