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.