

# I can choke on small things I pick up



# Choking

I put things in my mouth to find out what they are

## Aims and objectives

Recognise tendency for babies to explore with their mouths and the risks of choking when babies put small objects in their mouths.

## Activity/Session

Parents/carers discuss experiences of babies putting things in their mouths and managing choking hazards at home and when visiting others.

## Outcomes

Learners to be able to:  
Understand early development, to recognise how choking in young babies could occur. Consider risk reduction and prevention ideas.

## Session notes

### Why might a baby choke?

- Babies explore the world with their mouths.
- Anything smaller than the diameter of a two-pence piece can choke a baby. Coins and buttons are common causes of choking.
- Babies can get hold of small parts from older children's toys left lying around.
- Open handbags can contain small items like loose coins that they might get hold of.

### What can you do to stop this type of accident happening?

- Keep small objects out of reach.
- Have a bowl for putting spare change or small things in and keep it out of reach.
- Make sure older children understand why they should put toys away and out of reach of baby brothers or sisters.
- Keep handbags out of reach.

### What other ways might a baby choke?

- Being propped up to drink their milk. If they get into trouble they will not be able to push bottle away.
- Foods that are unsuitable for their development stage e.g. boiled sweets and peanuts.
- Foods that are too big for them to manage for their development stage e.g. whole grapes and orange segments.
- Being fed by older brothers or sisters. Teach them not to put things in the baby's mouth.

### Surprising facts

- Babies naturally grab things and put them to their mouths.
- Babies quickly learn to roll or crawl and get to things left lying around.
- Even small babies can easily get hold of small things they find nearby and choke on them.