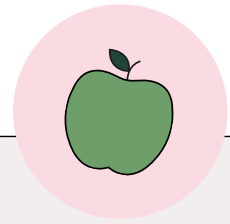


CHILDREN'S NURSERIES

Choking hazards

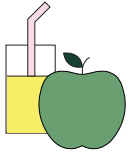
Food preparation



Fruits and Vegetables	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes into small pieces: cut lengthways and then again in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, sweet potatoes and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Make sure bread is cut into narrow strips.

Others to note

h	o	p
s	c	o
t	c	h



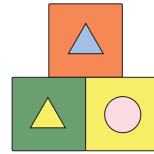
Meals and Snacktime:

Ensure the children are sat upright whilst eating - no lying down, crawling or walking.

Ensure children are properly supervised whilst eating.

Mealtimes should not be rushed. Keep things calm by avoiding distractions or disruptions.

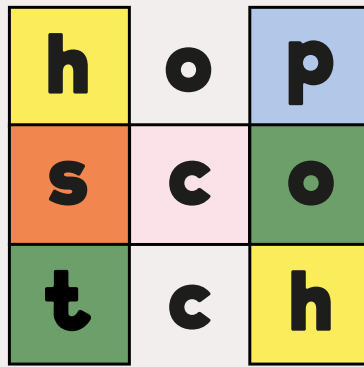
Encourage babies and young children to chew and swallow food properly.



Other Causes of Choking:

While food is perhaps the highest risk area for choking, children can of course choke on other items as well. Small objects and toys that could be ingested and cause choking should therefore be kept out of reach of very young children. This includes items such as buttons, batteries, coins, beads, balloons, strings and cords.





Have some questions?

You can speak to your nursery manager, or email our Head Office at office@hopscotchmail.com

