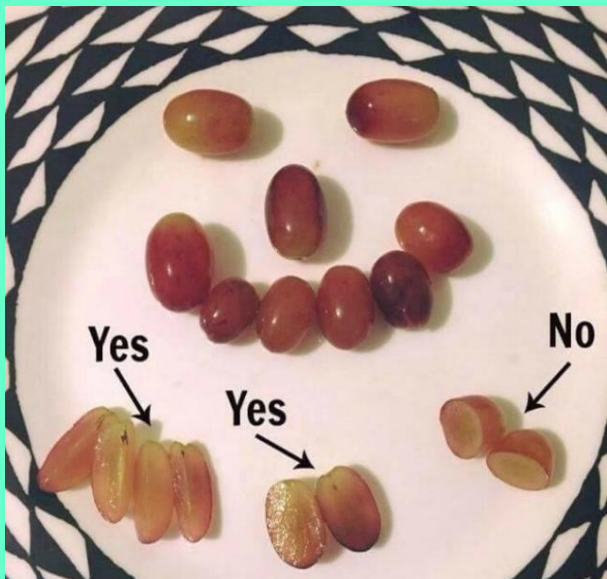


Food Safety

Choking is a big hazard for young babies and toddlers. To keep your child safe when eating, follow these golden rules:

- Choking is silent, you won't hear if it happens, so always watch your child when they are eating.
- Encourage your child to stay seated while eating and avoid playing and walking around while eating food.
- Do not encourage laughing while your child is eating.
- Avoid your baby or toddler eating in the car.

Food Preparation



When preparing food for your child, consider how you are cutting food up to prevent any possible choking hazards. For example, grapes should be cut lengthways to prevent choking. Follow this simple picture.

Take particular care when feeding your child the following foods, as they are common choking hazards:

- Hot dogs
- Whole grapes
- Whole cherry tomatoes
- Chunks of cheese
- Popcorn
- Marshmallows