

# *Preventing Choking in Children*

As parents, we all want to prevent serious accidents in our children. Choking is a major worry for us all. As recently reported in the American Academy of Pediatric News, over 40% of the deaths in children under 14 are due to food items. But for every death from choking, there are at least 100 visits to an emergency room for choking. In the U.S., more than 17,000 children were treated in an ER for choking and 60% of them had choked on food items.

The foods of greatest concern for choking include:

- HOT DOGS
- HARD CANDY
- NUTS
- GRAPES
- MEAT
- COOKIES
- BISCUITS
- CARROTS
- APPLES
- POPCORN
- PEANUT BUTTER

Foods aren't the only concern. The most dangerous non-food items include:

RUBBER BALLOONS

SMALL TOYS

PEN CAPS

SMALL BALLS OR FOAM BALLS

MARBLES

TOY JEWELRY

MAGNETS

COINS

DISC BATTERIES

When parents are aware of the danger, steps to prevent life-threatening events can be easily implemented.