

Are you actively preventing **Choking Hazards?**



Preventative Steps:

Remain attentive!
Sit and participate in meals with children.



Ensure children are seated while eating.



Serve table foods and drinks at the same time.



Prior to serving, ensure solid food is cut up in small pieces appropriate
for child's eating ability.



DO NOT serve food commonly known as choking risks to children under 4 years:
peanuts, hot dogs, raw carrots, popcorn, fish with bones, cheese cubes, grapes,
and any other food that is of similar shape and size to their throat.



Never exceed the following maximum sizes for each age.



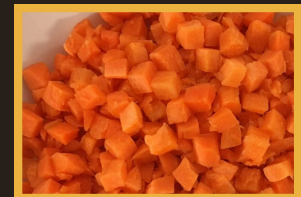
Cooked Whole Baby Carrots:
Not appropriate for children
under 4 years



Cooked Carrot Chunks:
Not appropriate for
children under 4 years



**Toddlers: Cooked
Medium Diced Carrots,**
1/2 inch

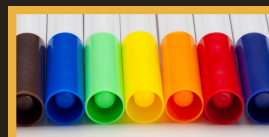


**Infants: Cooked Small
Diced Carrots,**
1/4 inch

So, what size is that?

It's about the same size as
these common classroom objects:

Toddlers



Width of a Marker Cap
= 1/2 inch

Infants



#2 Pencil Eraser
= 1/4 inch

**STAY SEATED & WITHIN ARM'S REACH OF CHILDREN 36 MONTHS OF AGE
AND YOUNGER AT ALL TIMES WHILE THEY ARE EATING AND DRINKING.**