

# Choking and Suffocation

- Don't feed little ones small or hard foods which they can choke on such as nuts, popcorn, corn chips, whole grapes or sticky lollies.
- Grate or mash hard fruits and vegetables and cut meat into small pieces before feeding it to little ones.
- Watch little ones while they are eating and make sure they sit down to eat.
- Pick up and put away things like marbles, small toys (like Lego pieces), small batteries and loose coins so little ones can't choke on them.
- Make sure there are no loose curtain or blind cords near little ones cots or in areas where they might be crawling or playing. Tie up loose curtain and blind cords out of reach of children, at least 1.5 metres above floor level. Contact Kidsafe in your State or Territory for a free curtain and blind cord kit.

