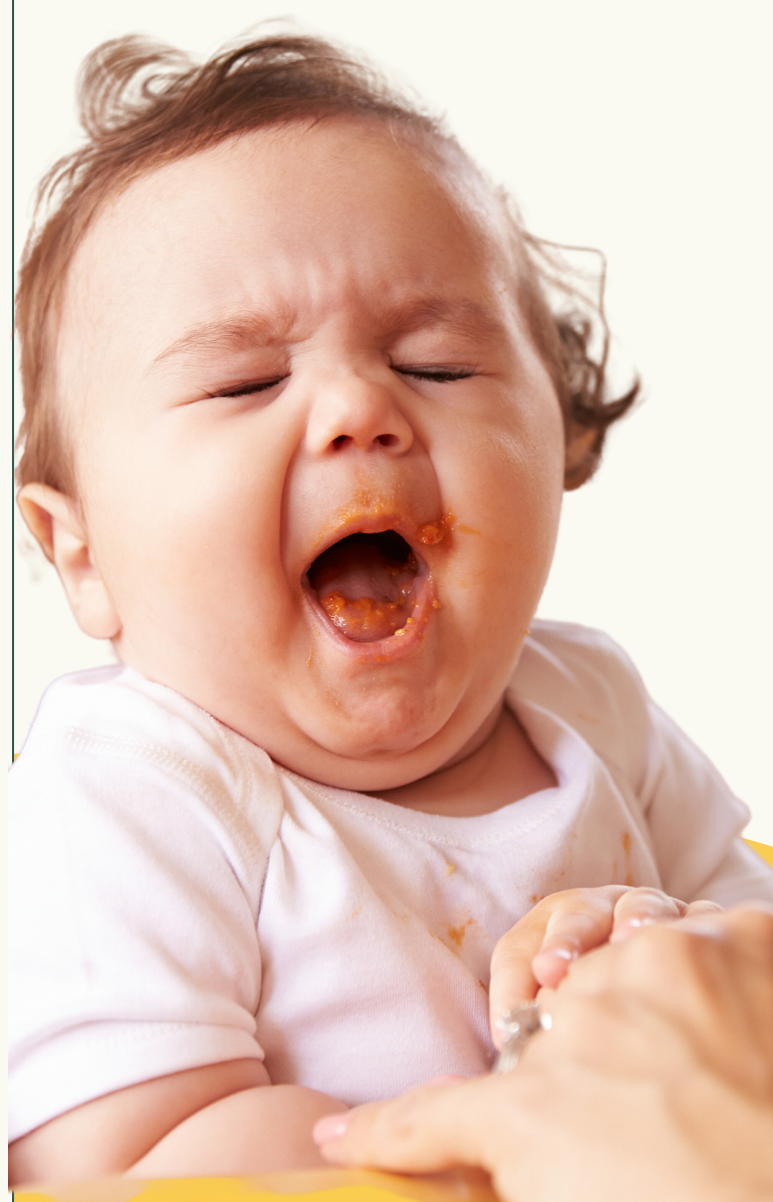
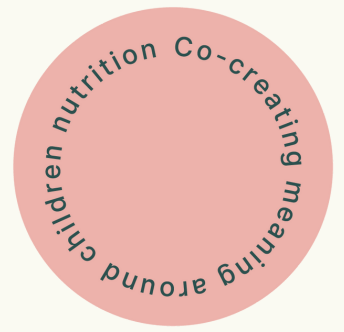


# Choking Hazards



**Gagging vs.  
choking**

**First Aid for a  
choking baby**

**CPR-for a baby**

**feel.connect**

# Choking Hazard

Food is one of the most common thing for babies and toddlers to choke on.



## Differences

### Choking

- Obstruction airways.
- Difficulty in emitting sounds, cry.
- Skin color changes.

### Gagging

- **Protective** reflex (eating learning process).
- Vomiting may occur.
- Coughing is **normal** (Baby turns red, watery eyes).
- Let the baby handle the situation on its own.
- **Don't** introduce your fingers in her/his mouth.

## Keep in mind

**Call the emergency service choking first aid perform.**

**Print and hang the emergency number in a visible place e.g. on the fridge door.**



# Choking Hazard Foods

- Round
- Slipperiness
- Hard
- Dry
- Sticky



## Modify Foods

**Hard/Raw veggies and fruits:**  
Cook until soft, grate, mash, or cut it into thin slices.

**Candys/Pop Corn/  
Dried Fruit:** Avoid

**Round food:** Quarter lengthwise,  
Flatten between your fingers.

**Nuts and seeds:** finely grind and  
mix with other foods/butter.

Also **small objects**, such as marbles, beads and button batteries can cause choking. **Avoid** this making sure these are kept out of your child's reach.

# First Aid for a choking baby

## Complete Choking

**Shout for help** to try to get the attention of someone to assist you.

Is the baby making **high-pitched noises, wheezing, can't longer make a sound,** or becomes too **weak to cough?** have someone to **CALL** emergency services immediately!



---

Emergency number



# First Aid for a choking baby

## What to do?



1. Sit or kneel holding the baby.
2. Position the **baby face down** along your forearm, **holding** her/his **jaw** in your hand.
3. Rest your forearm on your leg so that the **baby's head is lower than** her/his **body**.
4. Deliver **5 firm back blows** between the shoulder blades with the heel of your free hand.

# First Aid for a choking baby

5. Hasn't the object been dislodged?

**Turn** the baby **face-up**, ensuring you **support the head**.



6. **Place 2 fingers** on the middle of the chest just below the nipple line and **deliver 5 firm** chest compressions.

7. **Repeat** the **5 firm back blows** and **5 chest compressions** until the object is coughed up, the baby starts to cry, breathe, or cough.

### Keep in mind:

If the baby becomes **unresponsive** and **isn't breathing**, **call** the emergency support and begin **CPR**  
**Cardiopulmonary resuscitation.**

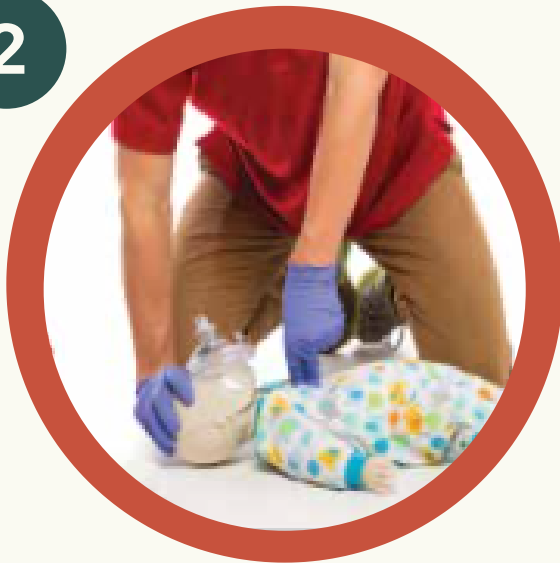
# First Aid for babies-CPR

1



- **Check** the baby's **airway, breathing, circulation.**
- Is the baby **unresponsive** and **not breathing?**
- **Call** the **emergency support** \_\_\_\_\_ and beginn **CPR** (Cardiopulmonary resuscitation).

2



- Place **2 fingers** in the centre of the baby's chest.
- Do **30 chest compressions:** Push deeply and steadily.

# First Aid for babies-CPR

3



- **Open the airway** by tilting the head back and lifting the chin.
- **Place** a barrier device
- **(if available) over** the baby's **mouth and nose.**
- Give **2 breaths.**

4



- **Repeat** cycles of **30 chest compressions** and **2 breaths.**
- **Continue until** the **emergency services arrives** or more advanced care takes over.