

How to avoid choking in babies?



Introduction of **complementary feeding** is a milestone for baby development as it exposes babies to **new tastes and textures**. This will shape their acceptance of different types of foods.

The introduction of new food textures is a **gradual process** and can be different for each baby depending on:



Psychomotor development



Age



Oral / feeding skills



With the introduction of new textures it is important to take into account the choking hazard.

GENERAL FEEDING RECOMMENDATIONS



Sit your baby upright while eating.



Always watch your baby while he or she is eating and pay close attention to what your baby puts in his or her mouth.



Place your baby in a highchair or other safe place.



Cook and prepare appropriate food in accordance with your child's developmental stage.



At the beginning of complementary feeding, texture should be soft and food easily dissolvable.



Avoid feeding the baby in the car or stroller, or while crawling, walking, etc.



Finger foods should have elongated shapes and large enough to handle with the hands.

Foods that increase choking risk

SMALL HARD FOODS



Nuts and large seeds



Unpopped popcorn

SMALL ROUND OR OVAL FOODS



Grapes



Cherry tomatoes

FOODS WITH SKINS OR LEAVES



Stone fruits



Tomatoes

COMPRESSIBLE FOODS



Popcorn



Chewing gum

