

Jessica Redden, RN  
Child Care Nurse Consultant  
Scott County Health Department  
600 W. 4th Street  
Davenport, IA 52801  
563-326-8618 Ext. 8821  
Jessica.redden@scottcountyiowa.com



CDC/Scott Housley

Call your Child Care Nurse Consultant (CCNC) if you have any questions about child health and safety, or any special training needs.



[www.earlychildhoodiowa.org](http://www.earlychildhoodiowa.org)

The Child Care Nurse Consultant Program is funded by



# Quality Care For Kids

## A newsletter for Scott County Child Care Providers

By Jane Matzen, RN and Heidi Hotvedt, RN

JUNE 2017

### Choking Risks for Babies and Young Children

Choking is the partial or total blockage of the airway by a foreign object. Babies and young children are vulnerable to choking because of underdeveloped ability to chew and swallow, small airway diameter, and also because they put items in their mouth as a way of exploring them.

Foods are responsible for over 50% of choking episodes for babies and young children. Prevent choking by cutting food into pieces one-quarter inch or smaller for babies and one-half inch or smaller for toddlers. Insist that children sit down when eating. Babies and young children should not walk, play, or lie down with food in their mouths.

American Academy of Pediatrics (AAP) recommends that the following foods should be kept away from infants and young children:

Nuts (e.g. peanuts) and seeds  
Chunks of meat or cheese  
Whole grapes  
Hard or sticky candy  
Popcorn  
Chunks of peanut butter  
Chunks of raw vegetables (including raw Carrot rounds, peas)

Apples  
Hard pretzels  
Chips  
Rice cakes  
Hot dogs and other meat sticks (whole or sliced into rounds)  
Marshmallows  
Chewing gum

AAP recommends that the following items be kept out of reach from babies and young children:

Coins  
Balloons  
Toys with small parts or small toys  
Small balls, marbles  
Buttons  
Small hair bows, barrettes, rubber bands  
Pen or marker caps  
Small button-type batteries  
Magnets  
Pieces of dog food

If an item can fit in a choke tube tester, it should not be within reach of babies and young children. For more information on choking prevention go to <https://www.healthychildren.org/English/health-issues/injuries-emergencies/Pages/>

### Baby Led Weaning

"Baby-led weaning" is a trend that lets babies self-feed from the start rather than being spoon-fed purees. Advocates of this trend give finger foods, large pieces of foods, and even whole fruits or vegetables to their infant to lick, play with, and put in their mouth. There is a serious choking risk when it comes to allowing an infant to put chunks of whole food into his/her mouth. In addition, babies that are completely self-feeding may not get the calories or specific nutrients they need, such as iron, to support growth. Start with pureed food around 6 months of age then move to thicker, lumpier items and finger foods as soon as he or she can handle them. Cutting food into pieces one-quarter inch or smaller for babies helps to prevent choking. For more information go to <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/question.aspx?qid=3588> or <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Working-Together-Breastfeeding-and-Solid-Foods.aspx>