

Dear Beginners and Early Preschool Parents

Choking hazards to watch out for

Large chunks: A chunk of food larger than a pea can get stuck in your child's throat. Vegetables like carrots, celery, apples and green beans should be diced, shredded, or cooked and cut up. Cut fruits like grapes, cherry tomatoes, and melon balls into quarters before serving, and shred or cut meats and cheeses into very small pieces.

Small, hard foods: Hard candies, cough drops, nuts, and popcorn are potential choking hazards. Seeds may be too small to choke on but can get stuck in a child's airway and cause an infection.

Soft, sticky foods: Avoid chewing gum and soft foods like marshmallows and jelly or gummy candies, and fruit snacks (fruit roll-ups) that might get lodged in your child's throat.

Foods to avoid: 24 to 36 months

Choking hazards: Even though your child is becoming a more competent eater, there's still a chance he'll choke on his food. Continue to avoid the choking hazards listed above, and discourage your child from eating while walking, watching television, or doing anything else that might distract him from his meal.

More choking prevention

- Avoid letting your child eat in the car since it's hard to supervise while driving.
- If you're using a rub-on teething medication, keep a close eye on your toddler as it can numb his throat and interfere with swallowing.

Please understand that even if your child is able to eat certain foods without it being diced or cut-up, there may be children in his/her classroom who can't.

Thank you for understanding and your support to help keep all our children safe in our school.

In Jesus through Mary

Ms. Maggie