

CHOKING

ALL AREAS:

- Get on your hands and knees and look around your home. Find and remove any small items, like coins, water bottle caps, button batteries and building sets that are within your child's reach that can be a choking risk.
- Keep all cords and strings out of reach, including window coverings. Move all furniture away from windows to help prevent children from climbing up to grab cords that would normally be out of reach.

MEALTIMES:

- A young child's airway is about the size of a drinking straw. When they are eating, make sure their food is small enough for them to swallow.
- Until your child is 4 years old, avoid feeding him/her small, round and hard foods that can easily become stuck in the airway. This includes hot dogs, carrots, grapes, cheese sticks, nuts, hard candy, marshmallows and popcorn.
- Supervise your child's meals and snacks. Do not let your child walk, run, play or lie down with food in his or her mouth.

PLAY AREAS:

- Check the manufacturer's recommendation to make sure your children's toys are appropriate for their age.
- Remove or store any toys that have small parts or magnets that could become dislodged, if children younger than 5 are in the home.
- Do not allow children to play with balloons or with toys that have sharp edges, long strings or cords.
- Do not allow children to attach clothing, strings or ropes to playground equipment.

IN CASE OF AN EMERGENCY:

- Enroll in a first aid and CPR (cardiopulmonary resuscitation) class.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

