# Gagging or Choking?

## Know the difference, it could be life-saving!

### What you'll see:

Baby's face might be red, eyes watering, possibly mildly distressed. They may spit up or vomit.

### What you'll hear:

Coughing, wretching or gagging noises (**NOISY!**)

Do not intervene if baby is gagging. This can lead to actual choking. Do not remove the food yourself. Do not pat their back.

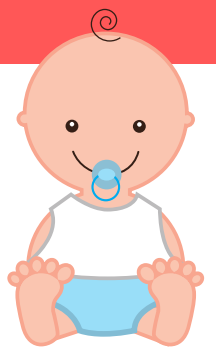
### What you'll see:

Mouth open, eyes bulging, face or lips may be turning blue. Very distressed.

### What you'll hear:

Nothing. Possibly very quiet coughing or gagging (**QUIET!**)

Medical emergency, **perform infant CPR**. Call 911 if baby loses consciousness.



Loud and red, let them go ahead.
Quiet and blue, they need help from you!



If baby is choking, remove them from the chair and place them face down on a decline over your knee. Perform back blows. Call 911 if baby loses consciousness.

Take an infant CPR course before starting solids so you know what to do in an emergency!

# You can reduce choking risk

## Do not offer choking risk foods, including:



- Round foods like grapes, cherry tomatoes, sausages (these can be served sliced lengthwise in halves or quarters)
- Hard, round or sticky foods like whole nuts and large seeds, raisins, raw carrot sticks or baby carrots, popcorn, candies, and thickly spread nut/peanut butter
- Soft, untoasted bread
- Raw apples (can be served cooked or grated)

## Renovate your environment:

- Stay close to baby while they're eating, in case they need you
- Have baby sit upright at 90 degrees (no swings or bouncers)
- Minimize distractions - turn off the TV, remove toys from the table
- Only feed baby when they are alert and interested in eating. If they are drowsy, or turning their head away from food, don't force it!
- Check for pieces of food stuck in baby's mouth or cheeks after eating. Offer a sip of water to loosen it and let them chew/swallow or spit it out. *Do not try to remove the food yourself, as this can actually cause choking*.