

# What to do if your child is choking

Perfect timing. I have been seeing a lot of kids starting table foods in the office lately and my sister (an Emergency Medicine doctor) just came out with a video on what to do when someone is choking. She goes over what to do with any age group, so worth a peek even if your kids are bigger than you are.

Prevention hints: As a toddler parent you will find kitchen shears perfect for cutting up food into bite sized pieces. But watch the number of little pieces that your child eats at one time- kids get into trouble when they scoop a pile into their mouths. As for toys, anything that can fit into a paper towel roll is a choking hazard.

Hoping you will never have the opportunity to use the information in the video!

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