



# Tips To Prevent Choking When Babies Begin To Chew

Always keep the baby seated while they are chewing and swallowing food.



Know the foods to be given as per the baby's age to make chewing easy.



Discourage playing while chewing food.



Serve the food in small pieces or mashed form until they develop proper chewing skills.



Allow ample time for the baby to chew their food properly.



Supervise your baby all the time during meals.



Avoid giving food to your baby in bed to reduce the risk of choking.



## References:

1. Choking prevention and choking risks; Raising Children Network
2. Preventing choking in young children; New Zealand Government