

Finger food without the **FEAR**

Breath, chew, swallow – seems simple enough, but babies and toddlers are still learning which comes first!

That's why it's so easy for food to get stuck.

Things to remember:

Round food is not our friend

- Avoid round food - cut grapes, cherry tomatoes, cherries etc in half lengthways and ideally in quarters
- If you get the fruit bags with grapes when out – ask for a knife to go with it

Think long and thin

Anything smaller than a two pence piece can get stuck

- Narrow batons are best for vegetables like cucumber, carrots or celery
- Hot dogs are big culprits so cut them in half and lengthways (really narrow)
- Lumps of meat or cheese need to be cut as narrow as you can



Save the hard stuff for later

- Things like boiled sweets, ice cubes or cough sweets are too big and slippery for young children so avoid them
- Nuts, popcorn and other similar snacks are best kept until children are a bit older and more competent eaters

Take it easy, tiger

- It's never too soon to start teaching children to sit still when they eat. You're likely to sound like a stuck record, but it's worth the effort as really reduces the risk
- Remind children to chew what they have in their mouths before putting more in ... little, by little