

How do I know if my baby is gagging or choking?

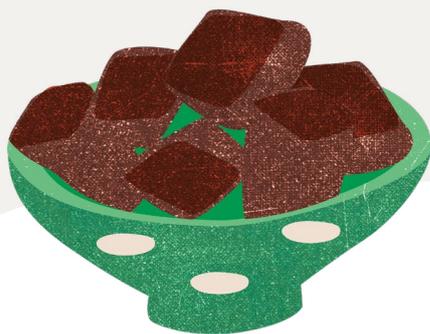
Babies and toddlers can choke easily because their airways are small and they are still learning to eat.

Here are some tips to prevent choking:

Always watch your child when they eat or drink

Ask your child to sit down when they eat or drink

Do not help if your baby is gagging; it can cause choking. Let them work it out.



Remove bones and skin from meat and fish



To access the full digital guide 'From Starting Solids to Cooking for the Whole Family' visit melton.vic.gov.au/startingsolids or scan the QR code





Give nuts or seeds that are ground, crushed or made into pastes (not whole)

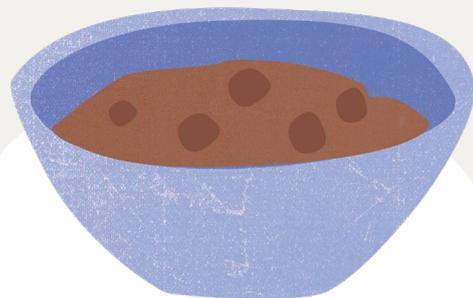
Spread pastes (like peanut butter) in thin layers



Always use safety straps when your baby is in a highchair



Cut small, round fruits and vegetables in half lengthways (blueberries, grapes, cherry tomatoes, peas)



Make hard fruits and vegetables safe by grating, cooking or mashing them

Signs of gagging:

Your baby's face may turn bright red



Your baby may open their mouth, push their tongue out and cough



Your baby will make **loud noises**

Gagging is normal and helps prevent choking.

REMEMBER:

- loud and red, let them go ahead.
- silent and blue, they need help from you.

IF YOUR CHILD IS CHOKING, THEY NEED YOUR HELP RIGHT AWAY.

Signs of choking:

Your baby's face may turn blue



Your baby will be **silent** and not make noise

Choking is not normal and is dangerous.



For more information, visit:
[Choking prevention & hazards: children | Raising Children Network](#)



For more information, visit:
[Choking first aid for babies: in pictures | Raising Children Network](#)



For more information, visit:
[Choking prevention and choking risks | Raising Children Network](#)