

Young children can be at greater risk of choking from a variety of objects, including coins, beads, balloons and foods like grapes, peanuts, hard candy and hot dogs. But parents can take some easy steps to ensure that nutritious meat and poultry are safe for young children.

When serving meat and poultry to young preschoolers, keep these important tips in mind.

- Perennial kid favorites like hot dogs and sausages should never be served whole to young children.
- Hot dogs and sausages should be sliced down the center and then chopped thoroughly.
- If a hot dog or sausage product includes a casing, remove after cooking, but prior to serving.
- Chop all meat and poultry products into very small chunks.
- Seat young children at the table or in a high chair.
- Do not allow young children to eat while walking or playing.
- Learn emergency choking procedures for dislodging food and other airway obstructions.
- Learn cardio pulmonary resuscitation (CPR).

In the event of an emergency, CPR should be performed immediately and emergency assistance contacted. Time is critical in emergency situations.

For more information about choking, visit www.Medem.com and search “choking prevention.” Medem is sponsored in part by the American Academy of Pediatrics (AAP).