



Giggles and More Ltd

8 Deer Park, Fairways Business Park, Livingston, EH54 8GA

Choking Prevention and Response Policy

Policy Statement:

At Giggles and More Ltd, we are committed to ensuring the health, safety, and wellbeing of every child in our care. Choking can happen quickly and without warning, so we follow strict procedures to minimise the risk and to respond effectively if an incident occurs. This policy is based on guidance from the **Care Inspectorate, NHS Scotland**, and **current first aid best practice**.

Choking Prevention Measures:

To reduce the risk of choking, we:

- Always supervise children while they are eating or drinking.
 - Ensure children are seated calmly at the table during meals and snacks, never running, lying down, or playing while eating.
 - Serve food in age-appropriate sizes and textures:
 - Cut grapes, cherry tomatoes, and similar foods lengthways into quarters.
 - Avoid giving young children hard, round, or sticky foods that pose a choking risk (e.g. whole nuts, hard sweets).
 - Peel and cook hard fruits and vegetables for younger children.
 - Encourage children to eat slowly and chew food properly.
 - Provide appropriate utensils and support for children to self-feed safely.
-

Staff Preparedness:

- All childcare staff trained in **paediatric first aid level**, including how to respond to choking.
- We would regularly refresh our training and knowledge in line with **Care Inspectorate** expectations.

- Choking risks are included in our **risk assessments** for mealtimes, snack preparation, and playtime.
-

Responding to a Choking Incident:

If a child begins to choke:

1. **Assess the situation immediately** – if the child is coughing or able to speak, encourage them to cough to try to clear the object.
2. If the airway is **fully blocked** and the child cannot cough, cry, or breathe:
 - Give **up to 5 back blows** between the shoulder blades using the heel of your hand.
 - If still blocked, give **up to 5 abdominal thrusts** (only for children over 1 year; for infants, chest thrusts are used).
 - Alternate back blows and thrusts until the object is dislodged or the child becomes unresponsive.
3. If the child becomes **unconscious**, **call 999 immediately** and begin **CPR**.
4. A responsible adult will stay with the child until help arrives, while another (if available) contacts the parents or carers.
5. Contact management immediately to report the incident
6. Complete the incident report form

All incidents, even if resolved quickly, are recorded in the **incident log** and shared with the parent/carer on collection. Medical advice will be sought even if the child appears fine.

Policy Review:

This policy is reviewed **annually** or sooner if there are updates in guidance from the **Care Inspectorate**, **NHS Scotland**, or first aid organisations.

Created: June 2025

Created by: Bridget Christie-Gutermann