

Gagging vs Choking

The position and sensitivity of the gag reflex is different for a baby/young child compared to yours. As you move through your weaning journey you may notice that your child becomes less sensitive to certain foods and objects. As they grow the reflex point moves towards the back of the airway.



**Loud and RED
let them go ahead!**

Gagging

- Tongue will thrust forward
- Face may go red
- You may hear spluttering, coughing & gagging
- The gag reflex is there to keep the airway safe
- Do not intervene, this can make it worse
- Let them work it out



**Quiet and BLUE they
need help from you!**

Choking

- Face will start to go blue
- They may be quiet or even silent
- If they have an ineffective cough or no cough at all shout for HELP, start the baby choking sequence (see below)
- Call 999 if you are unable to clear the airway

Choking Sequence - Under 1 year

If your baby is not coughing or the cough becomes ineffective start the following sequence:

Step 1: Give up to 5 back blows

- Support baby along your arm or sit down and place them across your lap.
- Support the head and place the head down low.
- Give up to 5 sharp back blows between the shoulder blades with the heel of your hand.

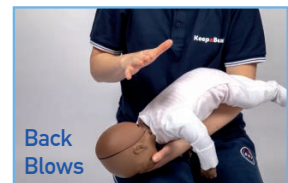
If ineffective start chest thrusts:

Step 2: Give up to 5 chest thrusts

- Turn the baby face up and lay them across your arm or place on your lap.
- Support the head and lower it below the level of the chest (see picture).
- Place 2 fingers in the centre of the chest and give up to 5 chest thrusts (pushing down one third of the depth of the chest).

Step 3 - If ineffective repeat steps 1 and 2.

- Ask someone to call 999 - if you are alone do not interrupt the treatment while the baby is still conscious.
- If the child goes unconscious start CPR, update 999.



Join us for a First Aid For Parent sessions or a First Aid For Weaning session and learn what to do in an emergency.

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