

**Prevention from choking**

**West Early Learning and Childcare Class**

**Policy Statement on the prevention of choking within WEST ELCC**

**Choking can happen quickly, and the effects can be devastating.**

West Early Learning and Childcare Class aims to prevent choking episodes in children. This policy serves to set out the measures to reduce the risk to children within in our care.

* Within West ELCC snack times and lunchtimes are always supported and supervised by a staff member or members.
* We aim to make these times a calm pleasurable experience for all.
* Children are encouraged to stay seated while eating and drinking during these times.
* Children are encouraged to take their time with their food and discouraged from overfilling their mouths.
* Staff are on hand to support children with cutting larger pieces of food into smaller pieces.

Whilst in the care of West ELCC children will be offered a variety of foods at lunchtimes. We aim to prepare these foods so that they are safe and minimise the risk of choking.

* Before serving stones or pips are removed from fruits.
* Small fruits and vegetables e.g. cherry tomatoes or grapes will be cut lengthways into quarters.
* Larger fruits are cut into slices rather than chunks.
* Skins removed from fruits and vegetable