

Choking Procedures Policy



Nurture and Grow Childcare

Policy Statement

At Nurture and Grow Childcare the safety and wellbeing of children is our highest priority. Choking is a medical emergency that requires immediate and effective action. All staff are trained in Paediatric First Aid and prepared to prevent choking incidents wherever possible, and to respond quickly and confidently should one occur.

Prevention

We take proactive measures to minimise the risk of choking:

- Children are always seated and directly supervised during meals and snack times.
- Food is prepared appropriately for the child's age and stage of development (e.g. raw carrots softened, No grapes, fruit cut).
- Small toys, loose parts, and craft resources are risk-assessed daily and kept out of reach of young children where appropriate.
- Practitioners ensure children do not run, play, or lie down while eating.
- Staff remain vigilant at all times as choking can be silent.

Procedure if a Child is Choking

Immediate Response

- A paediatric first aid-trained practitioner will assess the severity
- If the child can cough, encourage continued coughing.
- If the child cannot breathe, cough or speak, act immediately
- Deliver up to 5 back blows
- If ineffective, deliver up to 5 abdominal thrusts (children) or chest thrusts (babies). Alternate back blows and thrusts until the object is expelled or the child becomes unresponsive.
- Call 999 immediately if the obstruction does not clear quickly, or if the child becomes unresponsive.
- If the child becomes unresponsive, begin CPR.

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Aftercare

- Even if the object is expelled and the child seems recovered, parents/carers will be contacted immediately and asked to collect the child for medical assessment.
- If emergency services are involved, staff will remain with the child until care is handed over.
- The child will not resume normal activities until assessed by a medical professional.

Recording and Reporting

- All choking incidents will be recorded in the Accident/Incident Log (e.g. Blossom) with full details of: what the child choked on, interventions used, and the outcome.
- Parents/carers will be informed promptly and will be required to sign the incident record.
- Serious incidents (hospital treatment, ambulance attendance, or life-threatening event) will be reported to:
 - * Ofsted (within statutory timescales)
 - * RIDDOR (if applicable)
 - * The Local Authority, if required

Staff Training and Awareness

- All staff hold current Paediatric First Aid (PFA) certification.
- Refresher practice sessions and scenario-based training are carried out regularly to maintain confidence and competence.
- Staff who feel unsure of their ability will be supported to access refresher training.

Parental Communication

- Parents/carers will be informed of all choking incidents, regardless of severity.
- Parents/carers will be advised to seek medical advice even if the child appears well.

This policy was adopted on	Signed on behalf of the nursery	Date for review
10 th September 2025	Tracey Doidge	09 th September 2026