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"Choking"

If the child is less than a year old, and is able to breathe, cry or cough, then the obstruction will probably clear on its own.

If not, lay him or her face down along your forearm, with the head low. With the heel of your hand, slap between the shoulder blades five times. Check their mouth quickly after each one and remove any obvious obstruction. If that doesn't work, turn the baby over and give five chest thrusts, with two fingers in the middle of the chest pushing inwards and upwards checking the mouth after each one.

For children more one year old, start with the back slaps. If that doesn't work, give up to five abdominal thrusts. Placing yourself behind the child, put a clenched fist between the navel and the bottom of the breastbone and pull inwards and upwards. Check the mouth quickly after each one.

At any age, if the obstruction does not clear after three cycles of back blows and chest or abdominal thrusts, dial 999.

Seek medical advice for any child who has been given chest or abdominal thrusts.

Remember not to poke down their throat with your fingers, you may accidentally push the object further into their airway.