



Checklist

So your child swallowed something that isn't food. They are not choking but now what? Here's a helpful list of what you may need...

 Miralax (talk to your pharmacist or doctor)

 Plastic toilet hat to catch the evidence

 Disinfectant wipes

 Plastic gloves (sandwich baggies will work too)

 Soda or juice to entice them to drink their Miralax

 Extra outfits in case of accidents

 Patience

