

During or after eating and drinking watch me closely for the following:

COUGHING /
CHOKING



Changes to my **COLOUR**
E.g. if my skin turns red or blue



Wet or "gurgly"
VOICE



EYE-
TEARING



Changes to my **BREATHING**
E.g. if I become "wheezy" or
gasp for air, my breathing
rate gets faster or slower



**WEIGHT LOSS /
DIFFICULTY
PUTTING ON WEIGHT**



**Repeated or recurrent
CHEST INFECTIONS:**
Especially if I have no
other symptoms of a cold!



If you have any concerns about my eating, drinking or swallowing
Please contact the Speech and Language Therapy Team

This work originated from the Speech and Language Therapy Team in South Eastern Trust

Children's swallow awareness poster

This poster has been developed to raise awareness of the signs and symptoms of eating, drinking and swallowing difficulties (dysphagia) in children and describes what you should do if you notice these signs.

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18 March 2025

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Details

Format

A3 poster (PDF)

Target group

parents, carers, children

Downloads

Attachment	Size
A3 Paediatric Swallow Awareness Poster	2.25 MB

Tags

- [swallow aware](#)
- [swallowing difficulties](#)
- [dysphagia](#)

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