

First-Grader Saves Friend With Heimlich



Beanie is a 6-year-old girl. Beanie is her nickname though, her real name is Elspeth, but we'll call her Beanie. Aniyah is Beanie's friend and classmate.

One day, Beanie and her friends were in their elementary school's cafeteria. They were sitting at a table, talking, and eating lunch. Of course they were talking - they're 6-year-old girls after all.

Suddenly, one of the other girls at the table started grabbing her neck and gasping for air. It was Aniyah! She was choking on an apple slice. It was blocking her airway and she couldn't breathe! The other children at the table didn't know what to do, so they called for help.

When Beanie realized what was happening, she knew just what to do! She calmly stood up and went to Aniyah. She grabbed her from behind and performed the Heimlich maneuver on her. It saved her life! Just one strong thrust was all it took. The apple was dislodged from Aniyah's throat and she spat it out.

Beanie knew her friend was safe, so she simply sat back down and ate her lunch.

Everyone was surprised by Beanie's actions:

- 1 - 6-year-old Beanie knew the Heimlich maneuver and saved her friend's life!
- 2 - Beanie was so calm and nonchalant about saving her friend's life.

Beanie said she learned the maneuver from a Disney channel show.

Hmmm.... I guess TV isn't all bad. Just don't watch too much!

Choking must be frightening for anybody. It can happen to anyone and it's especially dangerous to children. A child's esophagus is much smaller than an adult's or even a teen's. In America, it's one of the top causes of injury and death for young children. Every month in the USA, six children choke to death.

So be careful, chew your food carefully and well.

1. Would you know what to do?
2. Do you know the Heimlich maneuver?
3. Are you prepared?