

## PARENTING NEWSLETTER

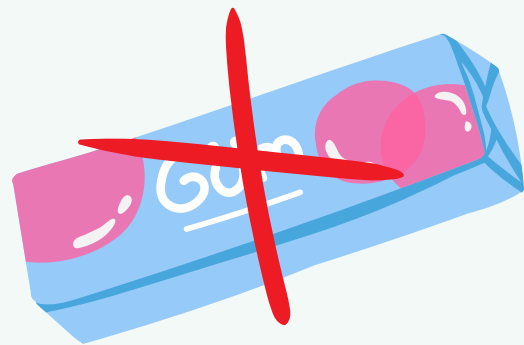
# SAY NO to Chewing Gum!!

*Hello Parents*

As we step into a new month, we want to shine a light on an issue which may seem very negligible but quite trivial- **CHEWING GUM**.

Please take a moment to read the following news article and the following content.

In a tragic incident in Kanpur, Uttar Pradesh, a four-year-old boy named Anvit lost his life after choking on a chewing gum toffee. On the evening of November 3, 2024, Anvit purchased the toffee from a local shop and began consuming it at home. Shortly after, the toffee became lodged in his throat, causing severe breathing difficulties. Despite immediate efforts by his family to dislodge the obstruction and rushing him to the city's largest hospital, Anvit was declared dead upon arrival. This heartbreaking event has raised serious concerns about the safety of similar confectionery products, especially those marketed towards children. It underscores the importance of stringent quality checks and parental vigilance when it comes to children's consumables.



**Chewing gum is often seen as a harmless habit—something to freshen breath, keep the mouth busy, or even aid digestion. However, not many are aware that excessive gum chewing can have serious, even life-threatening consequences.**

Chewing gum can pose serious health risks, especially for children. Please be mindful of the following dangers:

- Choking Hazard – Young children can accidentally swallow gum, leading to blocked airways and possibly death.
- Digestive Issues – Artificial sweeteners like sorbitol can cause stomach problems, diarrhea, and nutrient loss.
- Jaw Strain – Excessive chewing can lead to headaches and jaw pain.
- Harmful Chemicals – Some gums contain aspartame and preservatives linked to health concerns.
- Serious Risks – In rare cases, gum has contributed to intestinal blockages and severe health issues.



### **What You Can Do As a Parent :**

✓ **Supervise young children to prevent accidental swallowing.**

✓ **Choose natural alternatives- Offer fresh fruits, mints, or sugar-free snacks for fresh breath.**

✓ **Limit gum consumption to avoid long-term health risks.**

**Small changes can prevent big risks—let's keep our kids safe! 💙**

*This article isn't just information—it's a gentle but urgent reminder to be aware of the hidden dangers in everyday items. As caregivers, your attention can make all the difference. Please take a moment to read and share this with other parents. One small step can prevent a big tragedy. 💔*