

Children and Falls

If your child is in the hospital...the doctors and nurses need your help to prevent an injury.....

- Keep crib rails up when the infant or young toddler is in the crib.
- Don't place large toys in the crib as children will use these to climb.
- If a child is in a regular hospital bed, it is important to keep the bed in the lowest position, unless the child is immobile due to his/her health condition.
- Ask staff for sock footies that have rubber on the bottom if your child will be up and walking in the room or halls.
- If you are holding your infant, make sure you do not fall asleep and the infant falls to the floor. As a new parent, you may be very tired and sleep deprived, put your child back into the crib with the rails in the "up position" and locked.
- Most pediatric hospitals all have play rooms. Make sure there is a staff member or volunteer in the room with your child if you have an errand to run. Children love to climb for the toy on the upper shelf. Trips and falls over toys are also a concern. Don't leave your child in the room alone if staff are not present.

In your home... consider the following.....

- If you have a basement or an upstairs, consider placing gates to prevent falls for infants and toddlers in particular. These are easily removable. If there are doors to a basement, keep the doors closed.
- All younger children are curious. Keep sharp objects, candies, pills, and hot food out of reach and stay with your child. Many toddlers will climb on chairs, tables, etc.
- If you have a swimming pool, assure that an adult is constantly with the child to prevent falling into the pool and drowning.
- Keep crib rails up on infants. By six to seven months, many infants are trying to pull themselves up and could go over the railing.

Bottom Line..... Your Child Wants YOU to "Keep Me Safe!"

