

# Preventing

## Falls in Children at Home



Children love to walk, climb and explore. Many children have no sense of danger. This can lead to serious falls.

### Did you know?

Falls are the

# #1

reason kids in Atlantic Canada are taken to the hospital for injuries.

In 2018, in kids 0-4 years old, falls caused: \*

**6864** Emergency Department visits

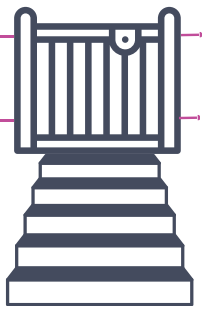
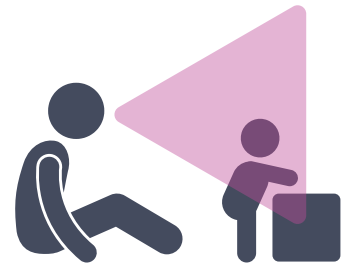
**135** Hospitalizations

**36** Disabilities

\*Cost of Injury in Atlantic Canada 2022

### Tips to prevent serious falls at home

**Tip #1:** Get down on the floor to check for tripping hazards (like mats or cords) around your home. This will help you see things from your child's level.



**Tip #2:** Use a child safety gate that screws into the wall at the top of stairs. A pressure-mounted gate (no screws) can only be used at the bottom of the stairs. Make sure to keep stairs free of clutter.

**Tip #3:** Always place car seats, infant seats and swings on the floor. Never place these items on a table or countertop.



**Tip #4:** Use window stops or guards on windows, and keep balcony doors locked. **Do not** put furniture that your child can climb on in front of windows. **A window screen will not stop your child from falling out.**

**Tip #5:** Change your baby's diaper on the floor. If you change your baby on a change table or bed, always keep one hand on them or use the strap provided.



If your child has tried to climb out of their crib, move them into a toddler bed or mattress on the floor.



### For more information

If you live in an apartment, confirm with building management that you are able to use screw-mounted baby gates without it affecting your damage deposit.

Child Safety Link's Falls Prevention page:  
<https://www.childsafetylink.ca/falls-prevention>

