

## Preventing Falls (Child)

Some children have a higher risk of falling than others do. Those at higher risk include infants and toddlers who can roll off of surfaces. Falls also might be more likely for those who have:

- A history of falls
- Had recent surgeries or fractures
- A diagnosis that affects balance (such as cerebral palsy, seizures, brain injuries, developmental delays, etc.)
- Had sedation for a procedure
- Intravenous (IV) lines, drains or other tubing

### **Prevent Your Infant, Toddler or Child From Falls By:**

- Not leaving a child on elevated furniture (such as a changing table)
- Always strapping the child into strollers, high chairs, shopping carts, etc.
- Not letting a child play alone near heights (such as a balcony or porch)
- Not allowing a child to play around windows, even if screens are on
- Using secured safety gates near stairs and other openings
- Having the child wearing non-slip footwear (no flip-flops)
- Using a transfer belt

### **Prevent Falls at Home By:**

- Reducing floor clutter
- Keeping stairs clear of clutter
- Installing handrails on both sides of stairs
- Securing area rugs
- Having proper lighting
- Being aware of spills or wet surfaces
- Being aware of family pets underfoot
- Using slip-resistant mats or stickers in the bathtub or on shower floors
- Installing grab bars in bathrooms (in the bathtub/shower and near the toilet)

- Locking brakes before transferring in or out of a wheelchair
- Using a seat belt while in a wheelchair

### **Prevent Falls Outdoors By:**

- Watching for uneven surfaces
- Watching for slippery or wet surfaces
- Being aware of curbs
- Supervising a child at playgrounds
- Making sure toys or equipment are age-appropriate

Discuss any questions or concerns about the risk of falling with your health care provider.

Make An Appointment

[651-290-8707](tel:651-290-8707)

Refer a Patient

[651-325-2200](tel:651-325-2200)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).