

Prevent Falls at Home

Child Care/Health Promotion

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#924

Name of Child: _____ Date: _____

Prevent Falls at Home

All children fall. Some children fall more than others, because their illnesses or medicines make it hard for them to move, balance, or see. Some children fall when they have a seizure. Children can also fall because medicines make them dizzy.

There are many things you can do to prevent your child from falling at home. Here are a few:

- Keep your home well lit, so your child can see floors and furniture.
- Keep paths clear. Stepping on paper or small toys can make a child slide and fall.
- Floors should not be easy to slide on. Wet floors, especially wet tile, can cause a fall. Too much wax can also make a floor slippery.
- Do not use small throw rugs. If you do, make sure they have rubber on the back to keep them from sliding.
- Your child should always wear shoes, or socks with treads, to keep from slipping.
- Keep things a child uses within his or her reach. This keeps the child from climbing to get to them.
- Put gates at the top and bottom of stairs. Always help your child use the stairs safely.



**This is dangerous!
Keep things a
child uses within
his or her reach.**

- Your child's bed should be low (mattress close to the floor).
- Your child's bed could have side rails, if needed.
- Give your child enough time to move at a safe speed. Rushing can cause falls.
- Know if the medicine your child is taking makes your child more likely to fall. Some medicines make it harder to balance or think.
- If your child needs a cane, walker, or crutches, they should make getting around easier. If your child has trouble using them, tell your child's doctor. Your child may need to learn how to use them, or may need something different.
- Help your child take care of himself safely. Put rails or hand grips around the bathtub, shower, or toilet.
- Look around your home for things that could be dangerous. What could cause your child to fall? Change these things so they're safer. For example, if a throw rug always slides when you step on it, don't use it anymore.
- You can prevent many falls if you or another adult watches your child at all times.

Now that you've read this:

- Tell your nurse or doctor what you will do to help keep your child from falling.
(Check when done.)



- If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
888-908-5437
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Friday, June 15, 2007 • DRAFT to family review
#924 • Written by Rebecca Kerby, RN • Illustrated by Dennis Swain



The Emily Center

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Name of Health Care Provider: _____ Number: 924

For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!