

# Free from falls

*“A preventable accident ends up with a shattered family.  
And that’s just very tragic.”*

Paediatric Neurologist (a doctor who specialises in child brain injury)

**Scrapes and bruises are a part of growing up. But even a fall from a highchair can cause a bad head injury. That’s because babies’ heads are twice as big as ours, which makes them top-heavy. And when they land, their head takes much of the impact.**

**It doesn’t make sense trying to stop all falls. But there are some serious ones you can easily stop once you know how and why.**

 **Cots, beds and changing tables** – now I can wriggle and roll!

- Even small babies can wriggle off a bed or changing table – so change their nappies on the floor and avoid leaving them on a raised surface
- As soon as your baby can stand, remove any large toys they might climb on to get out of their cot, preventing serious falls.

 **Stairs** – I can shuffle and I’m off!

- Even before they’re mobile, babies are injured when the person carrying them falls. So keep a hand on the rail going up and down stairs
- As soon as your baby starts moving around, fit safety gates to stop them climbing or falling down the stairs.

 **Highchairs** – is that my drink?

- Children may try to get things that are out of their reach
- They may lean over the side and topple out or push themselves up and try to climb out
- Get into the habit of using the straps on the highchair every time you use it.

 **Windows** – what’s that I can see?

- Small children are curious and want to see what’s happening outside but have no real understanding of danger
- Take care not to put furniture in front of windows, especially in children’s bedrooms
- If you can, get safety catches or locks fitted on your windows
- If you opt for a lock, keep the keys somewhere you can find them, in case there’s a fire and you need to get out.

 **Trampolines** – how high can I bounce?

- The biggest risk from trampolines is having two people with very different weights
- Let children take it in turns and avoid adults and children jumping together
- Use a safety net or cage so children can’t be thrown onto the ground.

