



Children's
Specialized Hospital



Falls can occur in and around the home for children of any age. You can help prevent some slips, trips, and falls by following a few simple guidelines. Here are some tips to keep your home safe for your child!



Fall Prevention Strategies

Prevention in the home

- Secure or remove loose carpeting
- Use railing and safety mats in the shower or tub
- Nightlights can prevent falls when your child wakes during the night
- Non-skid slippers or shoes should be worn when walking throughout the home
- Always apply wheel locks to wheelchairs when not in motion
- Reduce clutter
- Keep floors and stairs clear of tripping hazards

Is my child at a higher risk of falling?

- Children exhibiting the following can be at greater risk for falling:
 - Impulsive behavior
 - Hyperactivity
 - Motor difficulties
 - Inattention to environment
 - Visual difficulty
 - Use of assistive devices for walking
 - Motor weakness
- Certain medications can make children more susceptible to falls, especially those with the following side effects:
 - Drowsiness
 - Dizziness
 - Confusion
 - Weakness