

## 3 Watch children closely

### Parents and caregivers:

- Know where your children are playing at all times and that they are being watched.
- Never leave a child unattended on or near a balcony.
- Increase your supervision when other children are playing at your home.
- Practise crossing the road safely with children every time.
- Work with other parents and caregivers to make sure children can play safely.
- Stand by children when they are learning something new or climbing on playground equipment.
- Help children use recreation equipment safely:
  - Kids need to wear the proper helmet correctly every time they bike, skateboard, scooter, in-line skate, ski, skate, toboggan, play hockey, or wear shoes with wheels.
  - Wrist and mouth guards, and knee and elbow pads are recommended for many activities and sports.
- Stay within arm's reach when children are playing in or near the water. A drowning child will not call for help.

## 4 Create and follow family safety rules

- Involve children in making family safety rules and help them understand why they are important.
- Make sure children follow the safety rules every time, every day.
- Tell children that you like it when they are playing safely.
- Follow the safety rules yourself. Children learn by watching adults.

### For more information:

Simcoe Muskoka District Health Unit

1-877-721-7520

[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

**Kids are unpredictable.  
INJURIES DON'T HAVE TO BE.**

**Stay a step ahead.**

Tips to keep your 5 – 9 year old safe.



## Stay a step ahead to prevent childhood injuries

Kids are curious, active and imaginative. They often take chances which can result in an injury.

Injuries are a main cause of death and hospital visits for children.

**While injuries are a danger to children, parents and caregivers can stay a step ahead:**

1. Learn how injuries can occur
2. Create safer places for children
3. Watch children closely
4. Create and follow family safety rules



## 1 Learn how injuries can occur

**Children learn and develop new skills everyday.**

**Between 5–9 years of age they:**

- Like to be the biggest, fastest and best!
- Enjoy jumping, balancing and climbing.
- Think they can do more than they are able to do, especially boys, who are injured more often than girls.
- May not see danger in what they are doing.
- May forget the safety rules, especially when excited.
- May be influenced by older children to try new things and use equipment in ways that can be dangerous.
- Cannot judge the speed and distance of cars and will always need to be watched when they are crossing or playing near the road.
- Are commonly treated in hospital as a result of falling from:
  - Playground equipment
  - A bicycle, skateboard, or in-line skates
  - A bed or other furniture in the home



## 2 Create safer places for children

- Fix loose carpeting on stairs, tighten loose railings and replace broken floor tiles.
- Keep stairs and hallways clear.
- Place beds and furniture away from the windows.
- Install safety devices on all windows and balcony doors so they only open 10 centimetres (4 inches).
- Find a safe place away from traffic where children can bicycle, scooter or skateboard.
- Check the playground and ground surface before children play. Report any damage to your local parks and recreation department or school.