

Falls Prevention Quick Tips

Timata oi te Haumara i te Kainga



- Change babies on the floor
- Don't leave babies on high surfaces
- Car seats and bouncinettes are for the ground only
- Avoid using baby walkers, they can cause injuries to the head, neck, and face, and slow babies developmental growth
- Install a stairgate correctly in the home. Self closing gates are the best
- Carry and hold a child with care, and supervise older children when they are holding small children
- Keep the floors clear of tripping hazards
- When there are restraints or harnesses in highchairs and change tables, bouncinettes, etc. use them
- Keep cot sides up when your child is in it
- Do not put a child under the age of six in a top bunk
- Discourage children from bouncing on the beds
- Place furniture away from windows and use safety catches on windows that children can get to
- Always supervise children at bath time and use non slip mats in the bath and shower

