

PREVENT CHILD FALLS

ALTER for Child Safety



Visit www.ALTERforChildSafety.ca to find more ideas, tips and resources for keeping your child safe when you have things to do, like:

- Make dinner
- Clean the house
- Do the dishes
- Look for lost keys



HealthUnit
Halldimand-Norfolk

Niagara Region



Funding support by:



www.ALTERforChildSafety.ca

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There are many ways to keep your child safe and prevent falls. **ALTER** can be used to help remember your choices when busy in the home.

Use each letter of **ALTER** to prevent your child from being injured.



Falls are serious, did you know...

- In Ontario, falls from furniture are a leading cause of ER visits for children under 5 years old.
- Preschool children are at high risk for head injuries.
- Falls can cause head injuries and concussions. These can have lasting effects on learning and memory.
- A neck injury from a fall can have permanent effects on how your child walks and moves.

Activities

Change what you are doing or what your child is doing.

For example: If you have to do the dishes, allow your child to play on the floor near you.

Location

Move to where you can better see your child or bring your child to where you are.

For example: Bring your child into the room where you are doing laundry, or fold clothes where your child is playing.

Timing

Ask yourself, "Do I need to be doing this now?"

For example: Finish chores when your child naps or has gone to bed.

Environment

Make changes around your home that can prevent a fall.

For example: Make sure that there are no toys on top of furniture or the remote is not on top of the TV so your child won't want to climb.

Resources

Ask for help and use what you have learned.

For example: Ask another adult to play with your child when you have to leave the room.

For tips, stories and resources on how to use ALTER, please visit www.ALTERforChildSafety.ca