

Broken Bones

Broken bones (or fractures) are a common injury in kids, especially after a fall. No matter what part might be broken or how big or small the injury may seem, all broken bones need medical care.



Signs and Symptoms

The child may have a broken bone if:

- you heard a "snap" or a grinding noise during an injury
- there's swelling, bruising, or tenderness
- the injured part is difficult to move or hurts when moving, being touched, or bearing weight



What to Do:

- Remove clothing from the injured area.
- Apply an ice pack wrapped in cloth.
- Keep the injured limb in the position you find it.
- Place a simple splint, if you have one, on the broken area.
- Get medical care, and don't allow the child to eat in case surgery is required.

Do Not Move The Child and Call 911 Right Away If:

- You suspect a serious injury to the head, neck, or back.
- A broken bone comes through the skin. While waiting for help:
 - Keep the child lying down.
 - Do not wash the wound or push in any part that's sticking out.



Think Prevention!

It's practically impossible to prevent every fracture — but you can help curb the likelihood of a break by:

- using safety gates at bedroom doors and at both the top and bottom of stairs (for babies or toddlers)
- enforcing helmet and safety gear rules for young athletes and any child riding a bicycle, tricycle, skateboard, scooter, or any type of skates and roller blades
- avoiding the use of infant walkers

Notes from the Nurse: _____
