

# Falls

With all the running, climbing, and exploring kids do, it's not surprising that falls are common. Although many result in mild bumps, cuts, and bruises, some falls can cause serious injuries that require immediate medical attention.



## What to Do

Call for emergency help (911) and do not move the child if he or she:

- may have seriously injured the head, neck, back, hipbones, or thighs
- is unconscious
- is having difficulty breathing
- isn't breathing (**if trained to do so, start CPR**)
- has a seizure

If you think it's safe to move the child:

- Comfort the child and check to see if there are any injuries.
- Place a cold compress or ice pack on any bumps or bruises.
- Give acetaminophen or ibuprofen for pain if the child is alert.
- Let the child rest, as needed, for the next few hours.
- Watch the child closely for the next 24 hours for any unusual symptoms or behavior.

**Seek Medical Care if the Child:**

- becomes very sleepy and is difficult to wake up
- becomes easily annoyed or upset and cannot be comforted
- vomits more than two or three times
- complains of head, neck, or back pain
- complains of increasing pain anywhere
- is not walking normally
- does not seem to be focusing his or her eyes normally
- has any behavior or symptoms that worry you



## Think Prevention!

- Never leave infants and young children on a bed or any other furniture unsupervised.
- Childproof against falls with gates and avoid using walkers.
- Always strap small children into high chairs, changing tables, shopping carts, and strollers.
- Make sure kids always wear helmets when biking, skating, and using skateboards or scooters.

Notes from the Nurse: \_\_\_\_\_

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