

Head Injury Prevention



Tips For Parents

At Home General Safety

Infants and preschoolers

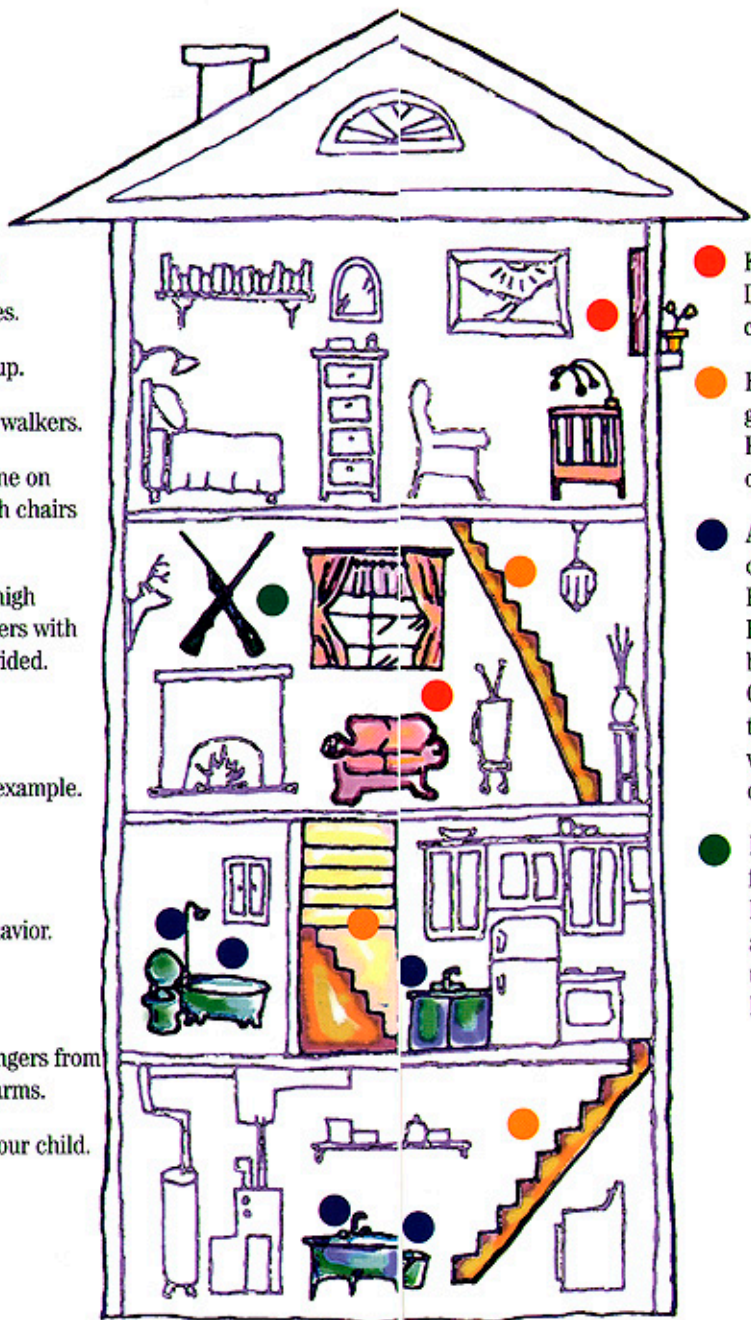
- Watch at all times.
- Keep crib sides up.
- Do not use baby walkers.
- Do not leave alone on beds, chairs, high chairs or tables.
- Secure child in high chairs and strollers with safety strap provided.

School-age

- Teach safety by example.
- Encourage your child to be safe.
- Reward safe behavior.

Teenager

- Warn against dangers from alcohol and firearms.
- Set limits with your child.
- Enroll child in safety classes.



● Keep windows locked. Do not place beds or couches near windows.

● Keep a child safety gate across stairways. Place handrails on stairways.

● Always stay with a child in the bathtub. Keep the toilet lid closed. Be attentive to pails and buckets filled with water. Children can drown in toilets and buckets filled with as little as 2 inches of water.

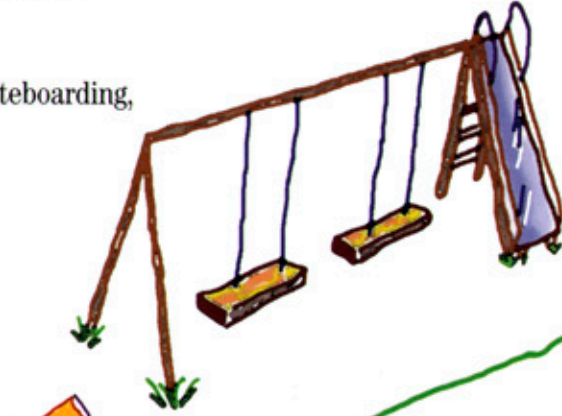
● Remove all firearms from your home. If you must keep a firearm, store it unloaded in a locked cabinet.

In the Community

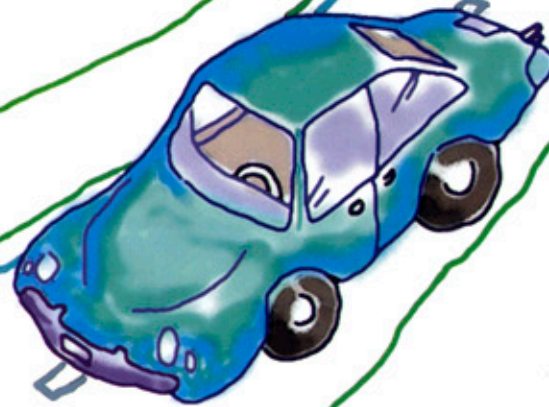
Lower playground equipment to no higher than 5 feet.

Use pea gravel or woodchips under equipment.

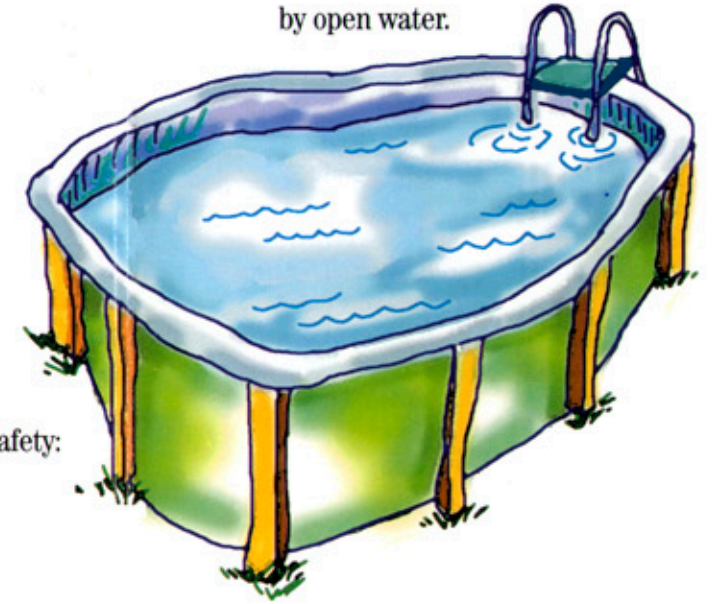
Always wear a helmet and safety gear when skateboarding, rollerblading and playing contact sports.



Always use seat belts, car seats and safety belts.



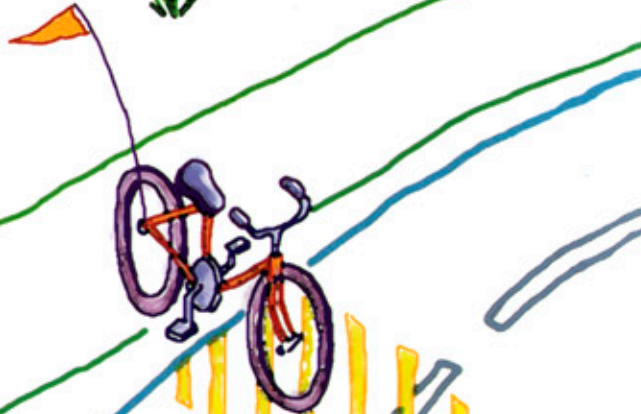
Enroll your child in swimming classes.
Never allow your child to swim alone.
Use flotation devices.
Build a 4 foot fence with gate latch around pool.
Never leave children alone by open water.



Always wear a bike helmet.

Teach your child bicycle safety and rules of the road.

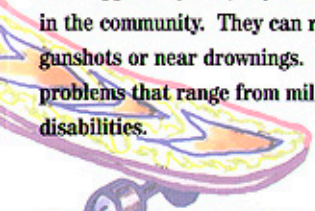
Use safety flags on bikes to make child visible to drivers.



Teach your child traffic safety:

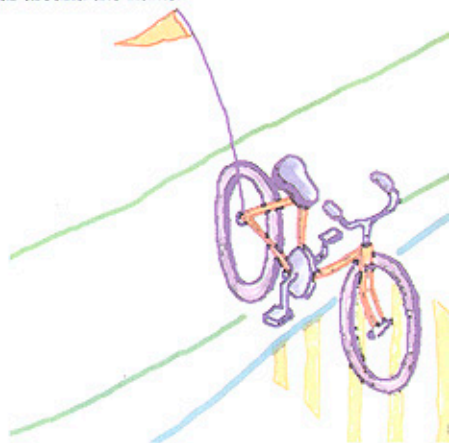
- Always stop at edge of parked cars or curb.
- Look left-right-left.
- Cross when clear but keep looking.
- Walk facing traffic where there are no sidewalks.

Children live what they learn. The most effective treatment for a head injury is prevention. Head injuries can happen anytime, anywhere— at home, in the car and in the community. They can result from accidents, falls, gunshots or near drownings. Head injuries can cause problems that range from mild impairments to severe disabilities.



General Head Injury Information

- Males have twice the rate of head injuries as females.
- Many injuries leading to hospitalization or death are a result of falls from heights greater than 5 feet.
- Seat restraints can prevent up to 90% of serious and fatal injuries.
- Pedestrian motor vehicle accidents cause most of deaths in children 5 to 9.
- Remember children under 9 tend to be impulsive and are often unable to assess distances and speed of oncoming cars.
- Children 1 to 3 and young males 15 to 24 are most at risk for drowning.
- Most firearm injuries involving children and teens occur around the home.



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