

Fall Prevention for New Moms: At Home

When you first come home with your new baby, you'll have lots of things on your mind. If you're like most moms, falling and hurting yourself may not be high on the list.

However, you might be surprised to know that new moms at home are at increased risk of a falling injury. This makes sense when you think about it. You are tired, your body has gone through a physical ordeal, and you might be on medications.

The best time to reduce the risk of falling at home is actually before you even go to the hospital for delivery.

Start in the shower. This is one of the most fall-prone places in your home because it's slippery. If you can, move a bench or seat into the shower so you can sit while showering.

You're also at increased risk while carrying your baby, either in or out of his carrier. It's a good idea to ask for help at first, until you're feeling strong again. If you've had a cesarean section, your doctor can tell you when it's okay to start lifting heavier things again.

In addition to protecting yourself, you can also take steps to protect your baby from falling at home. Most falls at home for baby happen when a baby falls from a chair, bed, changing table or couch.

Here are some steps you can take to prevent your baby from falling at home. Never fall asleep while holding or breastfeeding your baby. Your baby can slip out of your arms while you nod off. Always place infant carriers, bassinets, and other baby furniture on stable, solid surfaces, preferably on the floor. Don't balance carriers on furniture or counters where they could slip off.

Make sure your changing table has safety straps, and always buckle her up when changing your baby's diaper. Don't ever leave her alone on the table. Make sure you have all the items you need – like diapers and wipes handy before you start to change your baby.

Always use the recommended safety straps and restraints with your carrier, car seat, and highchair.

If you have any questions about safety and how to prevent falls in your home, you can find more information at the American Academy of Pediatrics, Safe Kids, Worldwide or the U.S. Consumer Product Safety Commission.