

How to Help Your Child Prevent a Fall in the Hospital

When your child is in the hospital, the staff is going to do everything they can to prevent your child from falling.

But you can also help prevent a fall.

Lots of things can cause a fall.

And some of these things you just can't control.

Like treatments or health problems that cause dizziness, confusion, or weakness.

Or equipment that makes it hard to walk.

But there are some things you can control, whether your child is in the room or moving around the hospital.

When you're in the room: Keep the side rails up... on a crib... or a bed.

Use the controls... to lower and raise the bed... or turn on the lights.

Ask for help.

The call button is there for a reason.

Keep a clean, clear path in the room.

Put away toys your child's not using.

And get rid of unneeded equipment.

Watch for spills... and have them cleaned up right away.

Keep a clear path to the bathroom.

And, in the bathroom, stay with your child, or encourage older kids to use the bars for support.

Some kids may value privacy and independence.

But safety is more important.

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When you're up and moving around the hospital: Buckle up your child... in a wagon, wheelchair, stroller, or high chair.

Don't let younger kids explore alone or run around.

When they get stronger, they can get back to being superheroes.

Remind your teen that they may not want help, but they probably need help.

Have your child wear skid-proof socks.

And make sure the hospital gown or pants aren't too long.

Be aware of new dangers.

Hospital floors are hard.

The equipment is often on wheels.

And there can be lots of cords and devices coming out of walls.

Stay alert while you sit or lie down with a baby or toddler.

Caring for a child in the hospital is tiring.

But if you fall asleep, you can lose your hold on your child.

Leave phones, electronic games, and tablets in the room.

While moving in a hospital, it's not safe to be using any kind of device.

A stay in the hospital brings new safety concerns.

But you can help your child be as safe as possible... and come home as soon as possible.