



Dad Central

Facts for Fathers

Injury Prevention

Fathers who are attentive and responsible in their relationship have children who are less likely to be injured by accidents.

Injuries are never completely avoidable, but many can be **prevented** with some of these ideas:

- **Pay attention to your children.** Know where they are and what they are doing.
- **Play with your children.** Physical play teaches coordination, limits and ability. It also develops strength, agility, and balance.
- **Teach your children life skills.** Help them learn how to be safe in the kitchen, the bathroom, and their community.
- **Let them try new things.** This helps children gain confidence in themselves and to know what they can and cannot do.
- **Use safety equipment properly.** Helmets, seat belts, and athletic equipment are meant to lessen the impact of accidents.
- **Know what your children can and cannot do.** Every child is different. Have reasonable expectations about their abilities.
- **Keep poisonous and dangerous items out of reach.** Chemicals, plants, and choking hazards need to be kept away from children.

Common Childhood Injuries

Pedestrian

Young children have not developed the ability to think and act with the many challenges that traffic brings.

Playgrounds

High climbers, swings, and teeter totters are inviting things for kids. Falls, slips, and pinched fingers are common.

In the Home

The kitchen offers many opportunities for burns (stove), cuts (a knife), and falls (off a stool). Drowning, falls, and cuts can happen in the bathroom.

Car

Seat belts are the most important way to keep children safe in a car. Keeping the doors locked and the windows up are also helpful.

Bicycles & Skateboards

Many head injuries, broken bones, and scraped knees and elbows happen on bikes and skateboards.

Sports

Physical injury is common in many sports, especially where there is contact between the children playing.

Swimming & Water

Children are often drawn to water but may not yet understand the risks and danger.

Poisons

Medication, household cleaners, and personal care products are common sources of poison.

Remember: The best way to prevent any injury is to pay attention to where your children are and what they are doing.



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Want to know more?

Dad Central Ontario has booklets and other resources for fathers.

Visit dadcentral.ca