



Tips to Prevent Child Injury

Know that danger lurks in the least expected places.

Did you know that your child could drown in less than an inch of water? Or that drinking mouthwash could cause a younger child to fall into an alcohol coma? Parents sometimes don't realize that seemingly insignificant things such as these could harm their child. Be aware that accidents could happen in the least expected places and don't take safety for granted.

They should know that it's dangerous...shouldn't they?

Parents should remind their children repeatedly of dangers in and around the house. Remind your kids not to stick their fingers in the garbage disposal, not to stick objects into outlets, etc. Even though you may think of these things as common sense, your children may not be aware of the danger.

Make your kids SEE the dangers.

Children with AD/HD sometimes have trouble remembering things, including what's dangerous and what's not. Make your child visually aware of dangers by using stickers that say "Don't Touch!" or "Danger!" on things such as the stove, the knife drawer, or anything else that may pose a hazard to your child.

Be specific with directions and rules.

Don't just tell your child to be careful when crossing the street. Tell them step-by-step what to do; stop and look left, then look right, and look left again. If there are no cars, cross the street and continue to look until you get to the other side. Make a list of things that are off limits and post it in your child's room or the kitchen to serve as a constant reminder of what they aren't allowed to do.

Don't tempt danger.

If your child is hyperactive, don't take them to a crowded playground where they could get into accidents with other children – or play equipment. Make sure outside play areas are soft and "knee and elbow friendly," like sand, mulch or pea gravel. Always have your child wear a helmet when riding bikes, skateboarding or rollerblading. Keep any weapons you have locked away and lock the ammunition in a separate location. Lock away medicines and household cleaning products or store out of reach. If your child breaks loose of their seatbelt in the car, stop the car and don't begin driving again until your child is strapped back in. Never leave children alone in or around pools or water.

Prepare for the future.

Present your kids with scenarios and ask them what they would do in the situation. For example, ask your child what they would do if the ball rolled out into the street, or if someone started a fight with them on the playground. See how your child responds, and ask them what they think the consequences may be. Suggest if other reactions would have been better choices.

Be wise when it comes to supervision.

Don't send children to the park by themselves where there is an accident waiting to happen. Send an older, responsible child with them who can serve as your child's role model. If you or another adult can't be at home with your child, enroll them in after school activities such as sports, dance, or music lessons. Children are less likely to get into trouble when they don't have too much time on their hands.



APS offers stickers for you to use around your household on appliances, power tools, cleaning products and more so your child can visually see the dangers. If you are interested in receiving these stickers, you can go to the APS Web site at www.apshealthcare.com, click on "Enrollee Information," then on "Quality Improvement." You can also ask us to send you a paper copy by mail. Ask for this by sending an email to qualityteam@apshealthcare.com. Or call 1-800-305 3720, extension 3420.

