



Backgrounder: About Parachute Safe Kids Week

Parachute is Canada's national charity dedicated to injury prevention. [Parachute Safe Kids Week](#) is an annual awareness campaign, now in its 23rd year, developed to bring attention to predictable and preventable injuries in children. Falls are the leading cause of injury to Canadian children, so Parachute Safe Kids Week 2019 focuses on the topic of **preventing harmful child falls in the home and at play.**

Falling is a normal part of children's development, as they walk, climb, run, jump, play and explore their environment. While most child falls do not result in serious injury, each year more than 140,000 children are seen in emergency departments for fall-related injuries. Most of these injuries to children under 5 occur in the home.

Take part in Parachute Safe Kids Week, happening June 3 to 9, 2019 in communities across Canada. Keep kids safe from harmful falls in the home and at play with these top tips:

- ◆ **Use window stops and keep balcony doors locked.** A window screen can easily tear or get pushed through if your child is pressing on it. Keep windows locked when possible and use window stops, which prevent windows from being opened wide enough for a child to fall through.
- ◆ **Use stair gates in your home.** Always use hardware mount gates at the top of stairs. Pressure mount gates can be used at the bottom of stairs.
- ◆ **Place all furniture away from windows and balcony door handles.** Remember, children can climb even before they are able to walk. Climbing on furniture can give children access to windows and balconies, where they can fall from significant heights.
- ◆ **Prevent fall injuries from playground equipment.** Make sure equipment has barriers to prevent falls from heights, is properly anchored, is in good condition, and has a deep, soft surface to cushion falls if they do happen.
- ◆ **Active supervision, while still giving your child the chance to explore and develop, is key.** For children younger than five years, stay close as they play. And keep an eye on older children, too; they like to take chances but do not necessarily understand risks.