



#KidsAndConcussion

PARACHUTE SAFE KIDS WEEK

June 4 to 10, 2018

About Parachute Safe Kids Week

[Parachute Safe Kids Week](#) is a national awareness campaign developed to bring attention to predictable and preventable injuries in children. Concussion is a common injury in kids, so Parachute Safe Kids Week 2018 focuses on the topic of **concussion at home, at play, and on the road**.

Take part in Parachute Safe Kids Week, happening June 4-10, 2018 in communities across Canada. Keep kids safe from **concussion at home, at play, and on the road** with these tips:

Everywhere

- ◆ Follow the rules of the game and the rules of the road. They are there for everyone's safety.
- ◆ Learn to recognize the signs and symptoms of a concussion; it can happen even without a direct hit to the head and without losing consciousness.
- ◆ Ensure any child with a possible head injury is checked out by a doctor.
- ◆ Encourage kids to speak up about how they are feeling.

At Home

Prevent falls, the top cause of concussion in young children.

- ◆ Supervision is key: Watch young children closely and use safety products like window guards and safety gates; wall-mounted gates must be used at the top of stairs and wall-mounted or pressure gates can be used at the bottom of stairs.
- ◆ Avoid baby walkers with wheels: Baby walkers do not help children learn to walk and are banned for sale in Canada. Many children have sustained head injuries from falling down stairs in baby walkers.
- ◆ Use non-slip mats: Use mats in high traffic areas like the kitchen and bathroom.

At Play

Help reduce the likelihood of head injury during sports, recreation or unstructured play.

- ◆ Encourage children to learn proper sport skills and techniques to protect themselves and others from injury.
- ◆ During sports and recreation, use correctly fitted protective equipment.
- ◆ Choose a playground with a deep soft surface to better protect from falls. Children under age five should play on equipment lower than 1.5 metres (5 feet).

On The Road

Riding in the car

Keep your child's head and body protected in case of a crash.

- ◆ Use the correct car or booster seat on every ride, even short trips close to home.
- ◆ Make sure it's the right fit: ensure your child is using the right seat for their height and weight. Your child will move through four stages as they grow; most won't be able to use a seat belt alone until at least age nine.
- ◆ Double-check car and booster seat instructions to ensure proper installation.

Walking

Protect your child from a traffic collision, which could lead to many forms of injury, including concussion.

- ◆ Walk with your children: take the time to teach them how to cross the road safely and be a role model.
- ◆ Walk on sidewalks or paths. No sidewalks? Walk facing traffic as far away from vehicles as possible.
- ◆ Phones down, heads up when walking. Teach kids to put phones, headphones and other devices down when crossing the street.
- ◆ Be seen. Teach kids to be especially alert and visible to drivers when walking after dark. Brightly coloured clothing and reflective gear help increase 360-degree visibility.

Cycling and other wheeled activities (skateboarding, scootering, etc.)

Prevent a collision or serious fall, which could cause a concussion or other injuries.

- ◆ Train your kids in bicycle safety and the rules of the road. This includes appropriate hand signals, staying on the right side of the road, respecting traffic signals; stopping at all stop signs and stoplights.
- ◆ Check their ride: A fun, safe cycling experience starts with a properly equipped bicycle. Ensure bikes are adjusted to the recommended height for your child. Be sure to inflate tires and always check brakes are working properly.

Parachute Safe Kids Week – Backgrounder

- ◆ Wear the right helmet for the activity: Bike helmets can be used for cycling, in-line skating and scootering. Skateboarding helmets should be used for skateboarding and longboarding, as they cover the back of the head better and can protect against more than one crash. Although a helmet does not prevent a concussion, it reduces the risk of other very serious head injuries.
- ◆ Use the [2V1 Rule](#) for helmet fitting (two fingers above eyebrows, straps form a 'v' under ears, no more than one finger space between strap and chin) to ensure better safety before taking a ride.
- ◆ Assess your child's navigational skills before riding on the road. Children develop better physical and cognitive skills around age 10 – but their ability to ride on the road may depend on their experience, environment and development. Not sure if your child is ready to ride solo? Consider traffic volume, the number of intersections and your child's level of experience before making a decision.