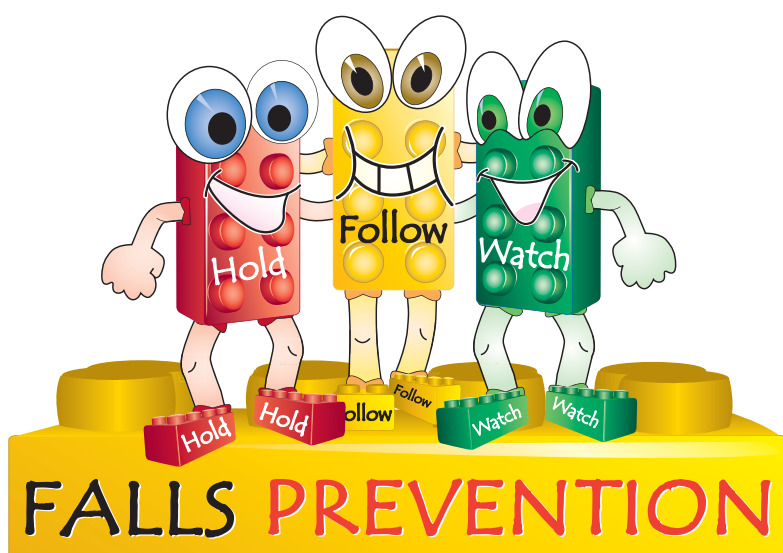


FALLS PREVENTION

FALLS are the **number one** cause of injury in children birth to 6 years.



Children are always changing
Their needs are changing too
Hold, Follow, Watch
With everything they do!

Why so many falls?

Children grow and develop quickly during the first 6 years of life. How they move, learn, and think is always changing. Sometimes it's hard for parents and caregivers to keep up with these changes. Children need to be carefully supervised to prevent falls.

What can you do?

There is more than one way to supervise children — you can use Hold, Follow, or Watch.

For more information, please contact the
Windsor-Essex County Health Unit
at 519-258-2146 ext. 1350.