

# ★ Ways To Prevent ★ ★ Toddlers From Falling ★



## Off A Bed



Never leave your child unsupervised on a bed without child-friendly safeguards.



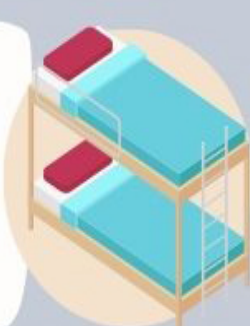
Never encourage the child to jump on the bed.



Place the bed away from the window.



Bunk beds should be reserved only for children nine years old and above.



The upper bed of a bed bunk should always be equipped with a safety rail.



Keep the bed free of toys to prevent the child from climbing on them, which can cause them to fall.



Always use an age-appropriate bed.



### References:

1. Childhood Falls Prevention: Information for Parents; Department of Health, State of Rhode Island
2. Preventing falls for babies and young children; Raising Children Network