

# Grown Ups! Help Your Child Be a Brain Safety Superhero!



## Talk to Your Child About Why it is Important to Protect their Brain.

Remind them that their brain helps them think, learn, remember, move, and do everything they enjoy. Just like superheroes protect their special powers, they need to protect their brains every day.



## Take Steps to Prevent Brain Injuries.

There are many ways to help lower the chance for brain injuries among children.

### You can get started by:



#### Checking for fall dangers in your home:

- Install window guards and use safety gates at the top and bottom of stairs when young children are around.
- Make sure your child's playground has soft material under it, such as hardwood mulch or sand.

**Why is this important?** Falls are the leading cause of brain injuries among young children. A brain injury can affect a child's developing brain for a lifetime.



#### Ensuring your child is buckled up for every car ride:

- Use a [car seat](#), [booster seat](#) or [seat belt](#)—whichever is appropriate for their age, weight, and size.

**Why is this important?** Using child safety seats lowers the chance of injuries, including brain injuries, from a car crash by almost half.



#### Ask your child's sports program about their brain safety rules:

- Choose a sports program that enforces rules for safety and avoids drills and plays that increase the risk for head impacts.

**Why is this important?** Head impacts increase the chance for brain and spinal cord injuries, as well as changes in the brain that are linked to long-term exposure to repeated head impacts.



#### Set an example for playing it safe:

- Always wear a helmet when riding a bike—and make sure your child does the same.
- Use a helmet and safety gear while using ATVs. Never allow a child younger than 16 years of age to drive or ride as a passenger on an ATV.
- Have the whole family wear a life jacket while doing water sports, like boating and swimming in a lake or the ocean.

**Why is this important?** When you practice brain safety, like wearing a bike helmet and life jacket, your child is more likely to do the same.



Scan here for more tips or visit [braininjuryfl.org](http://braininjuryfl.org) to get involved in brain safety.



**BRAIN INJURY FLORIDA**

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