



# Brain Health for Kids

A PROGRAM OF THE BRAIN INJURY  
ASSOCIATION OF AMERICA

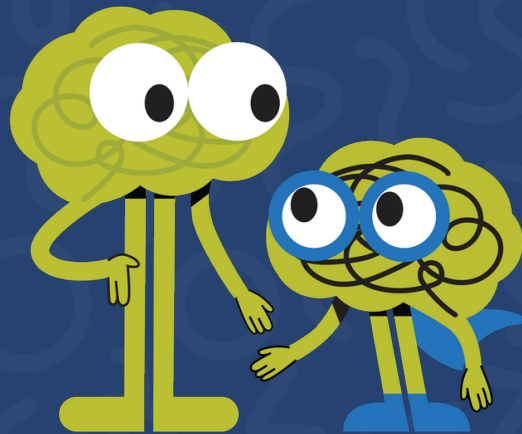
## Keeping Kids Safe from Brain Injury

Tips and info for parents

The information provided in this presentation is not a substitute for medical or professional care. Questions about diagnosis and treatment for a brain injury should be directed to your child's doctor or nurse.

**You can help keep your  
child's brain healthy and  
strong and be a  
Brain Safety Superhero  
by...**

# 1 Talking 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.

## 2 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.

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**Ensuring your child is buckled up for every car ride based on their age and size.**



- ✓ Use a car seat, booster seat or seat belt —whichever is appropriate for their age and size.
- ✓ Seat belts in golf carts are designed for adults. So even with a seat belt on, a child can fall from a golf cart. Falls from golf carts are linked to serious head and brain injuries among children.

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**Asking 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.

## 5 Setting 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.



# For more tips and info on brain injury

Visit [www.biausa.org/KidsBrainHealth](http://www.biausa.org/KidsBrainHealth)

or call the Brain Injury Association  
of America at [1-800-444-6443](tel:1-800-444-6443)

