

# SAFETY CONSIDERATIONS IN BLEEDING DISORDERS AT HOME

## Consider What **Gadgets** Could Be Helpful

- Electric outlets
- Cabinet locks
- Toilet locks
- Fireplace bumpers
- Do a choking test of toys (If the toy fits inside the tube of toilet paper, it could be a potential choking hazard.)
- Are knob locks necessary for your stove?, Don't forget to turn handles to rear of stove.
- Put knives away so little hands can't reach!
- Use coated spoons when starting solid foods to help prevent mouth and tongue bleeds

## Keeping Kids Safe Near **Stairs**

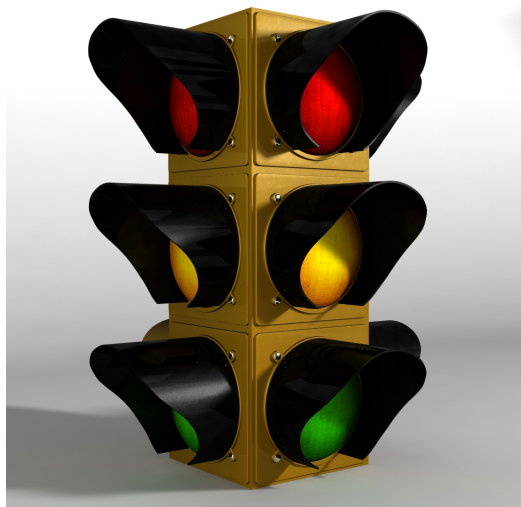
- Would Anti-skid stripping or carpeting be helpful?
- Install gates at the top and bottom of stairs
- Check the width of your railings – can little guys and gals fit through them?
- Teach your child to hold the railing when coming down

## Keeping Kids Safe and Clean: **Bathroom Safety**

- Consider a spout guard to protect against hot water burns or accidental bumps.
- Use non-skid rugs and mats near a tub or shower.
- NEVER leave a child alone in a bathtub

## Now I Lay Thee Down to **Sleep**

- Be mindful of bumpers in cribs
- Use the lowest setting in cribs.
- Be prepared to move baby when he starts climbing out!
- Make sure wall hangings aren't within baby's reach in the crib
- Use restraints on high chairs, swings, etc.
- Secure furniture to walls to prevent tipping
- When you make the move to a "big boy" bed, consider a car bed.
- Or use rails or place extra pillows on the floor to help pad falls out of bed



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## Other Considerations:

- Use restraints on high chairs, swings, etc.
- Secure furniture to walls to prevent tipping
- Teach your child -No running inside
- Use Knee/Elbow Pads/Special Clothing/Extra Padding per your medical provider's advice
- Some moms have reported "Double diapering" as a great way to help cut down on painful bottom bleeds.
- Consider removing coffee tables when baby begins to walk
- Consider area (non skid) rugs to cover hardwood floors
- Do not place infant car seats in the seat of grocery carts.
  - Most seats are not designed to fit
  - Makes the grocery cart top heavy and prone to tipping.
  - Also, other shoppers are not always aware/alert and may run into you, causing baby to fall
  - If you must take baby into the store in the car seat, place the car seat in the basket portion of the cart
- Do not turn standard restaurant high chairs upside down and place infant seat in it.
  - Those high chairs can be very unstable. Often they are very "well-used" and not securely put together.
  - To the same effect, don't place infant seat in restaurant high chairs sitting upright. By placing the car seat in the high chair, it causes the high chair to be top heavy and prone to tipping.

## Psycho-social Issues & Safety

- Keep the rules the same for all kids
- What's appropriate for your family might not be appropriate for other families, even those who also have a bleeding disorder
- Some choices are necessary (car seats), others (helmets) are highly personal decisions and should be made by parents and medical team based on the child
- Don't wrap your kids or home in bubble wrap.
- Teach self control and discipline.
- Set boundaries and rules early.
- Children have to have rules outside of the "safe" confines of home.

## Drawbacks to being overprotective

- Child could become a daredevil
- Child could become overly cautious, shy, introverted
- Parents set the tone and example: Follow your own rules

## REMEMBER:

- You cannot prevent all bleeds from happening
- You cannot create a completely safe environment
- You can
  - Set limits
  - Arrange/Examine the environment to help prevent injuries
- Help to change risky behaviors