Protecting children from furniture injuries

Furniture tip-overs are a real danger to children. Approximately one child dies every two weeks due to injuries from a piece of furniture, a television or an appliance tipping over on him or her. These children typically die from crushing injuries to their head/chest or suffocation. Additionally, in 2011, 12,800 children were treated in emergency rooms due to injuries caused by televisions tipping over. Children under nine years of age are especially at risk for this type of injury because of their fearless climbing and exploratory nature.

Tips to protect your children:

• Secure all dressers, bookcases, fish tanks, entertainment centers and televisions to a wall stud using approved anchors, braces or straps (such as “L” brackets or universal wall anchors that can be found at hardware and home improvement stores).
• Do not place toys, candy, remotes or any other objects that might attract children’s attention on top of televisions or furniture.
• Do not place televisions on top of furniture, such as dressers, unless both the TV and furniture are appropriately secured.
• Kitchen stoves and ranges should have anti-tip brackets installed.
• Flat screen televisions should be appropriately anchored to the wall.
• Keep heavy items on lower shelves or drawers.
• Educate grandparents, daycare providers and anyone else who cares for your child where this potential danger may be present.

Healthy Recipe

In-side Out Sandwich
Mustard and/or fat-free cream cheese spread
Sliced turkey breast
Pretzel logs or unsalted breadsticks
Plastic wrap

Place turkey slices on large piece of plastic wrap, spread evenly with mustard and/or cream cheese. Place 1 pretzel at the bottom edge of turkey slices and roll up turkey around pretzel. Add items such as pickles, low-fat 2% cheese slices, sliced black olives, etc. before rolling to suite your taste.

Healthy Activity

Gardening Science Experiment–Grow a Bean
Fill a glass jar ¾ full of cotton balls and “plant”
1 bean on each side of the jar so you can watch them grow. Water until the cotton balls are damp, but not too wet and place the jar in the window. Your beans should sprout in 2-3 days and then continue rapid growth. Once large leaves appear, you can carefully take the plant out of the jar and gently remove the cotton from the roots and replant into soil. Older children can measure the bean growth daily and/or draw a picture of the bean and label it with the different parts of the plant as they develop.

Mercy Children’s Center provides pediatric services to children of all ages, from infants to teenagers. Services offered include: pediatric clinics, dedicated emergency and trauma services, specialists, inpatient and intensive care, neonatal intensive care, rehabilitation and behavioral health. For more information, contact Mercy Children’s Center at 1-888-882-4122 or by visiting www.mercydesmoines.org.