



# FALLS SAFETY

PROTECTING OUR TAMARIKI FROM FALLS WITH AYL A HOETA

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# Nau mai, haere mai, mauri.

A fall-related injury is the leading cause of hospitalisations in children aged 0 - 14 years. While minor slips and falls are a normal part of children's development and very common, some can result in broken bones, cuts or other more significant injuries. A serious fall may result in a traumatic brain injury (TBI) or spinal injury that may affect a child for the rest of their life.

This toolkit is designed for anyone who engages with whānau. It brings together a range of resources to help protect our tamariki from falls.

## **This toolkit includes:**

- Key safety and first aid messages for whānau
- Video resources and social tiles from our campaign to share
- Child falls prevention resources, research and policy
- Links to information from other organisations

# Who we are

## Safekids Aotearoa

**"Ko te tamaiti te pūtake o te ao."**

The child is at the heart of all that we do.

Our mission is to reduce the incidence and severity of unintentional injuries to children aged 0 to 14 years. Our vision is that every child in Aotearoa New Zealand enjoys a childhood free from traumatic, unintentional injury.

## About Our Child Falls Prevention Campaign

This campaign is centered around a kaupapa Māori approach to falls prevention through pūrākau (whānau story). In this campaign we share a video from Ayla Hoeta who shares her experiences of growing up and raising her two twin boys. We also provide tips and resources to help support you to keep tamariki in your care safe from potential falls, as well as important first aid information. It is our mission to protect our tamariki from unintentional fall injuries in Aotearoa.



# Ayla Hoeta

## About Ayla

Ayla Hoeta is a dynamic wahine Māori, lecturer, fitness trainer, plant-based māmā and Maramataka (Māori lunar calendar) practitioner.\*

She is also a Design lecturer at University of Auckland, Maramataka Advisor at Te Papa Atawhai Department of Conservation and a Writer at The Spinoff.

Ayla was born and raised in South Auckland, Waikato-Tainui and mana whenua to the region. She is currently a Lecturer at the University of Auckland. Her mahi is to support and empower rangatahi and students to indigenise their design thinking and practise.

Ayla has been a Maramataka (Māori concept of time) practitioner, under the guidance of Tohunga Rereata Makiha (Maramataka expert), for many years now; aligning herself to Maramataka in Tamaki Makaurau in all aspects of her life particularly holistic wellbeing - fitness training, mahi māra and mindfulness.

The Maramataka is the Māori environmental and lunar calendar. It is wellbeing and connection with the natural flow of our taiao (environment). When we are guided by Maramataka we become aligned with the natural flow and connect to kaitiakitanga.

\*Maramataka practitioner- knowledgeable of Māori lunar phases, the environment, energies and adapting lifestyles with the phases.

# Key messages

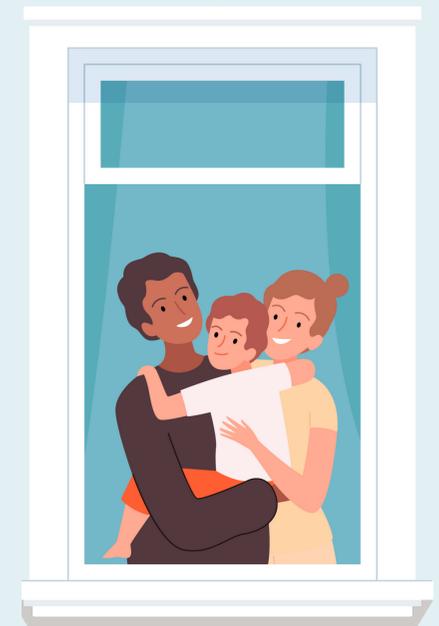
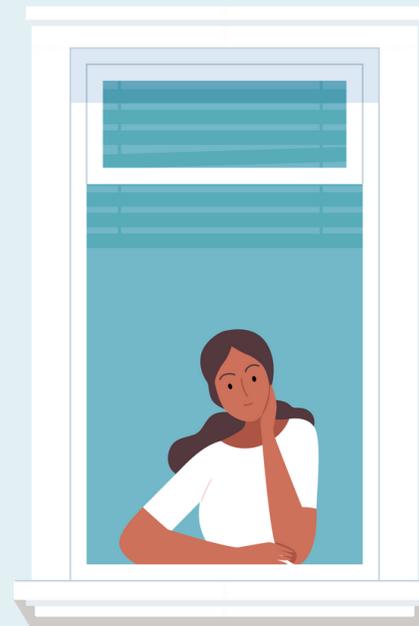
Wet floors are very slippery so can be a slipping hazard for tamariki. Wipe up spills straight away and encourage tamariki to sit when eating and drinking to reduce spills.



Try moving any objects and furniture away from windows that could be used by tamariki to stand or climb on. This will help reduce the risk of a fall.



An awesome way to keep our tamariki safe is by having safety gates at the tops and bottom of stairs. The best place to attach these are to the wall.



## Key messages

Keeping pēpi and nohinohi strapped in when using any high chairs, carriers, shopping trolleys, swings and strollers is the best way to keep them safe from falling.

'Safe sleep' devices like wahakura, pēpi-pods® and bassinets help keep pēpi safe while they sleep and supports whānau and pēpi to enjoy co-sleeping safely!

The best way to prevent falls from windows is to attach window guards. If they are above the first floor it's best they have an emergency release device in case of fire.

Tamariki can roll off a bed or change table in a second. To avoid falls, try changing them on the floor if possible.



# First aid



**If your child has had a fall they may have a bone fracture or a serious head injury. If they are in pain or for any of the following reasons, call 111 immediately. Do this if your child:**

- is, or has been, unconscious (can't be woken up)
- is being sick or seems sleepy
- has trouble breathing
- bleeding and you can't stop the bleeding
- there is bleeding from an ear

If your child is injured you can find out more about ACC support at [www.acc.co.nz/im-injured](http://www.acc.co.nz/im-injured). ACC Claims: 0800 101 996 or email [claims@acc.co.nz](mailto:claims@acc.co.nz).

For detailed references on the data and information contained in this card and to download additional copies visit <https://starship.org.nz/safekids/reference-cards>

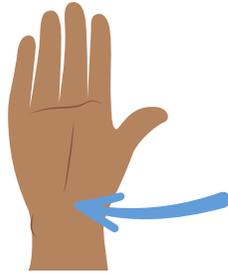
# CPR instructions

The CPR advice is from the KidsHealth website and a page containing the Basic Life Support Flow Chart. The Basic Life Support Flow Chart is developed by the New Zealand Resuscitation Council and Australian Resuscitation Council. For more information see [www.nrc.org.nz](http://www.nrc.org.nz)

**Baby**



**Child**



30 : 2



- Put the child on a firm surface.
- Place 2 fingers of one hand (for a baby) or the heel of one hand (for a child) in the centre of the chest just below the nipples.
- Push down hard and fast (compression) 30 times in about 15 seconds (push down one-third of chest depth).
- Once you have completed 30 compressions (pushes) on the chest, breathe into the baby's mouth 2 times.
- Seal your lips around the baby's mouth and nose.
- For a child over 1, you may need to breathe into their mouth and pinch their nose closed. Gently puff into the child until you see their chest rise.
- Continue with the cycle of 30 chest compressions and 2 breaths until the ambulance arrives.

# Campaign digital resources

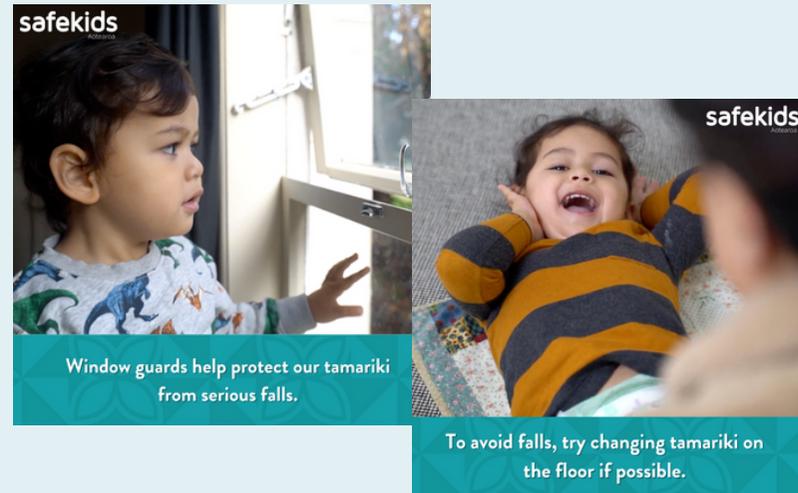


## Whānau story with Ayla Hoeta

We are honoured to share this beautiful kōrero from Ayla Hoeta of Waikato-Tainui, Ngāti Tahinga and Ngāti Tamaoho. Ayla shares her journey of becoming a mum at a young age and talks to the dangers of tamariki falling from beds and stairs. She also shares her dream of seeing her whānau thrive through mahi maramataka.

[Watch and share on YouTube](#)

[Watch and share on Facebook](#)



## Social Tiles

These social tiles include our key messages for keeping tamariki safe around roads.

[Download and share social tiles](#)

# Community resources

We've created educational resources that you can share with whānau around the motu. Check out some of our pedestrian safety resources here.

## Falls Reference Card [2020]

This A4 reference card outlines information on fall risks and provides top safety tips to help protect tamariki.

The infographic titled 'Falls' provides information on fall risks and safety tips. It includes statistics such as 'More than 8 children are hospitalized every day from falls' and '49% of Traumatic Brain Injuries in children are caused by falls'. It lists causes like 'The risk of falling begins at birth', safety devices like 'Car seats', and hospitalizations. It also features a bar chart showing hospitalizations from 2010 to 2019.

## Playground safety investigation for a safe summer

This A4 pamphlet project plan will help you investigate your public playgrounds to identify dangers and causes of possible 'fall' injuries.

The pamphlet project plan is titled 'PLAYGROUND SAFETY INVESTIGATION FOR A SAFE SUMMER'. It includes a 'BACKGROUND' section, a 'Tuning into the problem' section with bullet points, and a 'Research Becoming experts in playground safety' section. It also features a 'Using what we learned: Preparing for a public playground investigation' section with steps for conducting the investigation.

## Playground safety investigation for a safe summer: teacher background

With this resource we encourage students to investigate their public playgrounds to identify dangers and causes of possible 'fall' injuries.

The pamphlet titled 'PLAYGROUND SAFETY INVESTIGATION FOR A SAFE SUMMER' includes a 'TEACHER BACKGROUND' section, a 'Tuning into the problem' section, and a 'Research Becoming experts in playground safety' section. It provides detailed information for teachers on how to support students in their investigation.

# Community resources - Web hui

## Web Hui

Watch our Web Hui - a kōrero with Ayla Hoeta, Maramataka Advisor at Te Papa Atawhai, Department of Conservation on working by the Maramataka. Ayla's wānanga will provide an understanding of and explore Maramataka, kaitiakitanga, and how Maramataka can be applied in everyday practice in raising and working with tamariki.

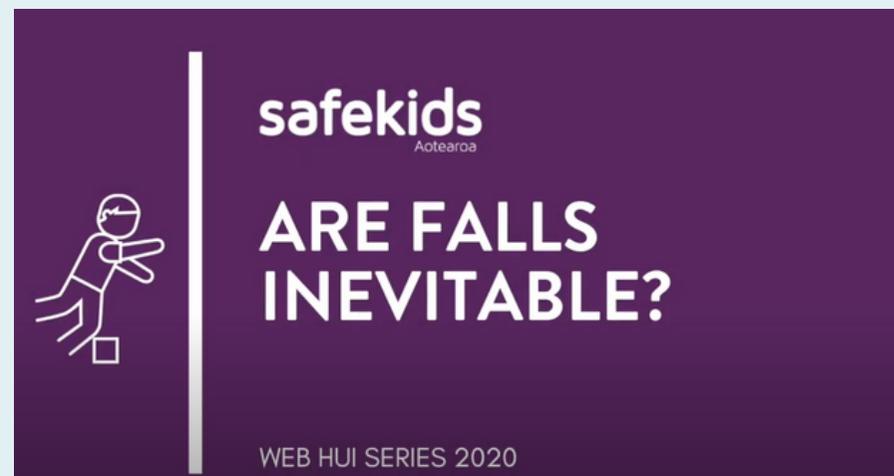
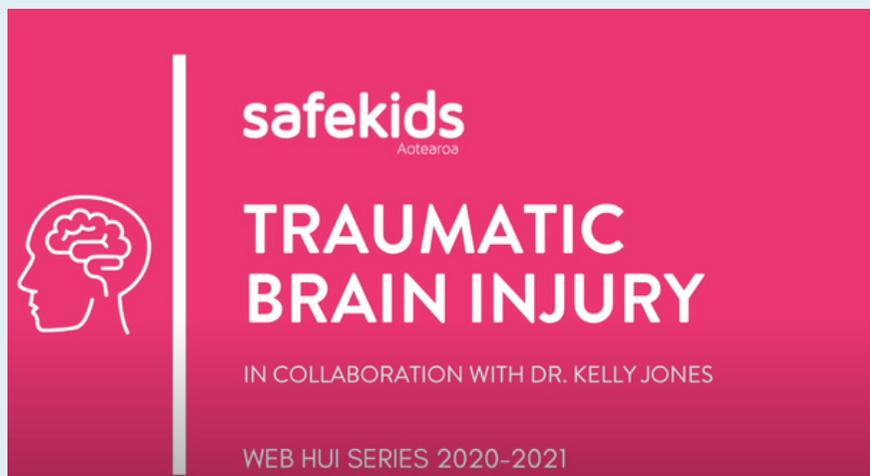


Click the image to watch on YouTube.

# Community resources - Web hui

## Web Hui

Watch our 2021 Web Hui on Traumatic Brain Injury as Dr. Kelly Jones shares traumatic brain injury knowledge, prevention strategies and available support for whānau affected. In our 2020 falls webinar, we promote home safety and an understanding of falls from a child development perspective.

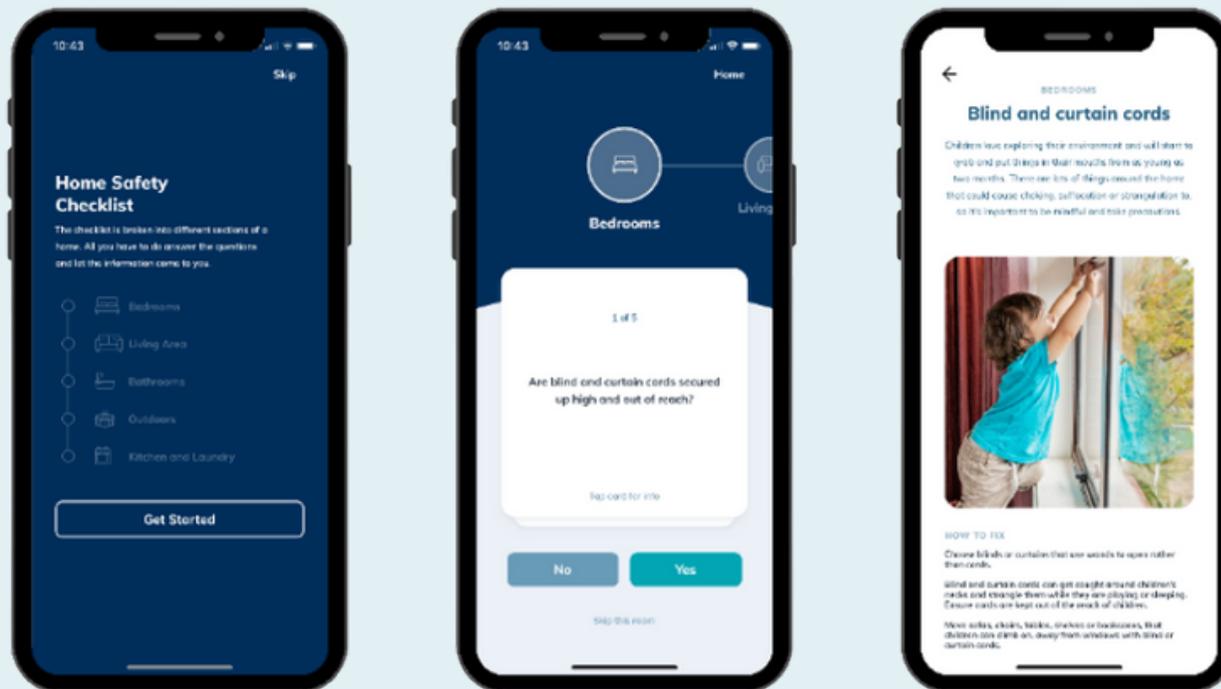


Click the images to watch on YouTube.

# Community resources - Whare Kahikā

Whare Kahikā is a home safety app that allows users to identify potential injury risks to tamariki in their homes. The app provides educational information, solutions and links to sellers of safety devices. The app works room by room, providing questions and recommendation lists for improving the safety of each space. The app is offered in Tongan, Samoan, te reo Māori & English.

## Whare Khakā



Click on the images on the right to download.

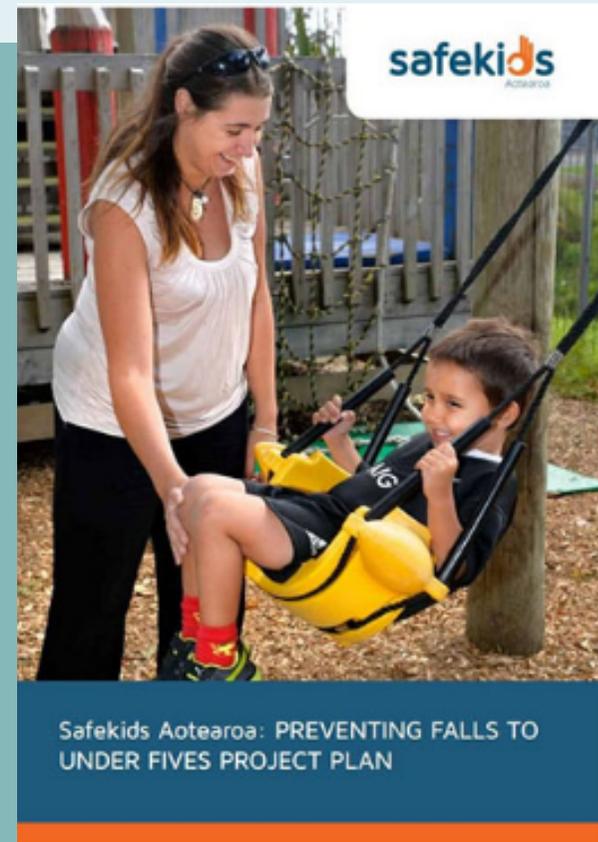
# Research and policy

## Preventing falls to under fives project plan [Booklet, 2014]

This publication is for injury prevention practitioners and people running injury prevention programmes for children under five years old. It presents a project framework and advice on programme design.

## Unintended Consequences of COVID-19 on Pediatric Falls From Windows: A Multicenter Study.

In attempts to quell the spread of COVID-19, shelter-in-place orders were employed in most states. Increased time at home, in combination with parents potentially balancing childcare and work-from-home duties, may have had unintended consequences on pediatric falls from windows. This study aimed to investigate rates of falls from windows among children during the first 6 months of the COVID-19 pandemic.



## Links to further information

### **Safekids Worldwide - Playground Safety**

This page provides top tips for keeping tamariki safe on playgrounds.

### **Safekids International TV and Furniture Tip-overs**

This page provides facts and top tips on how to create safe spaces to prevent TV and furniture tip-overs.

### **Plunket - Whānau āwhina**

This page provides information and tips on preventing fall injuries.

### **CDC- Falls, Playground Safety**

This document offers playground safety tips for parents and how to spot a concussion if you are engaging in outdoor play with tamariki.

### **Ministry of Education information on Playgrounds and Equipment**

This page provides information including standard requirements about building or upgrading a playground on a school site.