



Making a Safe Home Environment

Young children with hemophilia need protection in the home and outdoors

Start early to make sure that your child with hemophilia learns to take responsibility for his own health care:

1. Do not use baby walkers for your child
2. Use a netted crib cover to prevent your child from falling out of the crib, or let the child sleep on a mattress on the floor when he starts climbing out of the crib
3. Protect toddlers with kneepads and elbow pads when they are learning to crawl and walk. All children should wear safety helmets when 'on wheels', ex. tricycles or bicycles (consider a Big Wheel tricycle which is more stable and closer to the ground than most other tricycles)
4. Use proper car seats or seat belts when your child is riding in a car
5. Use safety belts and straps in high chairs, car seats, and strollers
6. Remove furniture with sharp corners or pad them when your child is a toddler. Tape or glue foam pads to cover sharp edges
7. Remove small/sharp objects that could cause bleeding
8. Use cabinet locks to prevent your child from opening cabinets
9. Use security gates to keep your child away from stairs and other dangerous areas. Be sure to gate stairs at the top and bottom
10. Place nonskid strips on the floor of the shower and bath tub and help your child in and out of the tub until he is old enough to manage without falling
11. Sew padding into the knees and seat of your toddler's pants to reduce bruising from falls
12. Use shoes that protect your child's feet—high top sneakers provide good ankle support
13. Avoid excess roughhousing
14. Check play equipment and outdoor play areas for hazards
15. Keep a cold pack in the freezer so it is ready to use when you need it, or take along when you are traveling. Popsicles work well for mouth bleeding

[National Heart Lung and Blood Institute. Hemophilia. Available at: www.nhlbi.nih.gov/health/dci/Diseases/hemophilia. Accessed: February 12, 2008]

[National Hemophilia Foundation. Caring for your child with hemophilia.]