

Injury Prevention

The leading cause of death and disability for Canadian children is injury. The good news is it doesn't have to be that way. Many injuries can be prevented simply by using car and booster seats, bike helmets or by understanding a child's abilities. In fact injuries are the leading cause of death for Canadians up to the age of 44.

Visit [Parachute](#), a Canadian charitable organization dedicated to decreasing the rates of preventable injuries.

We also recommend BC Children's Hospital's information on [child safety](#)

BC Injury Research and Prevention Unit has useful information on their [website](#).

TRAMPOLINES:

The Canadian Paediatric Society has the following position statement on trampoline use: Trampolines should not be used for recreational purposes at home (including cottages and temporary summer residences) by children or adolescents.

for more info see [here](#) and [here](#)