***Newsletter/Blog Article***

**Everyone Can Do Something to Protect a Child**

Children can be unpredictable, but injuries to children are not. Research shows us how and when injuries happen and who they’re most likely to affect. We know that boys are usually at higher risk than girls. We know that younger children are at greater risk for some types of injuries than older children are. Even things like the educational level and age of parents can influence the risk of injury for children. By researching and understanding factors like these, we can predict who­ is at risk and why.

When we know why injuries happen, we can figure out how to prevent them. Safety might seem like common sense, but often we need more than instinct to keep children safe. We’ve passed laws, redesigned products, and changed how we interact with our surroundings to protect children. Car seats, bike helmets, and child-resistant medication bottles were all developed after research showed that kids were suffering serious injuries due to everyday activities.

Even with all of this progress, unintentional injuries still account for **40% of the child deaths in the United States**—more than any other cause. There are some injuries that are so severe that doctors can’t fix them, so prevention is the best way to reduce the number of children killed or become disabled forever. Fortunately, we don’t have to wait for a new drug or medical device to prevent injuries. Even small actions can add up to big change, so whether you’re a parent, a caregiver, or just a citizen of your community, you can—and *should*—do something to protect a child.

Not sure where to start? Choose an option below, or learn more about child injury prevention at [www.cdc.gov/safechild](http://www.cdc.gov/safechild)

At Home

* Look for hazards in your home using an app or checklist
  + [Make Safe Happen](https://makesafehappen.com/get-the-app) app (available in app stores)
  + [Safe Kids My High 5](https://www.safekids.org/my-high-5) checklists https://www.safekids.org/my-high-5
  + [End Injury actions](https://www.endinjury.org/actions) https://www.endinjury.org/actions
* Share safety information on social media
* Submit an article on safety to an organization’s newsletter or blog
* Ask questions about home safety when taking your children to visit family and friends

In Your Community

* Set up a car seat check in your neighborhood or at a church, school, or recreational event
  + [National Child Passenger Safety Certification](https://cert.safekids.org/) https://cert.safekids.org/
* Help students find safer routes to school
  + [National Center for Safe Routes to School](http://www.saferoutesinfo.org/) http://www.saferoutesinfo.org/
  + [Star Ratings for Schools](https://www.starratingforschools.org/) https://www.starratingforschools.org/
* Send a letter to your local newspaper editor
* Decide to be a good role model by not texting or looking at your phone when driving or walking

More child safety resources available at [www.preventchildinjury.org/toolkits/why-injury](http://www.preventchildinjury.org/toolkits/why-injury).