

Children

During the 1990s more than two-thirds of the NWT children who died had been injured.

The main causes of death by injury for NWT children are house fires, car and truck crashes, and drowning.

Children are most likely to go to the hospital with injuries from falling, poisoning, or hurting themselves on purpose.

NWT children are twice as likely to die in a car or truck crash as other Canadian children. They are more likely than other NWT residents to be hit by a car or truck while they're walking or biking.

NWT children who go to the hospital after falling usually have fallen off something, like playground equipment or furniture. They go to the hospital after hurting themselves on purpose four times more often than children in the rest of Canada.

How can I keep my child safe from injuries?

- **Be careful with fire.** Make sure you have a smoke detector that works. Never smoke in bed. Teach your kids how to get out of your house safely in a fire.
- **Drive safely.** Make sure your child always wears a seat belt, and that younger children sit in car seats and booster seats. Follow all rules of the road, and never drive if you've been drinking.
- **Be careful around water.** Keep an eye on your kids when they play in or near the water. They can easily slip and fall into the water, or break through thin ice. Put a life jacket on yourself and your kids when boating.
- **Make sure playground equipment is safe.** If it's broken or doesn't look safe, don't let your child play on it. Tell the person who looks after the playground that you think there's a problem. If your kids play sports, make sure they wear safety equipment and that they play in a safe place.
- **Put cleaners and household chemicals out of reach.** Make sure your kids can't reach anything that could make them sick. If the doctor or nurse gives your child medicine, make sure to follow all instructions.
- **Don't be afraid to ask for help.** Talk to your nurse or social worker if you are worried about your children or want to learn more about how to keep them safe.

