

Your child has their own set of qualities and preferences that needs to be cherished and nourished to ensure confidence and happiness



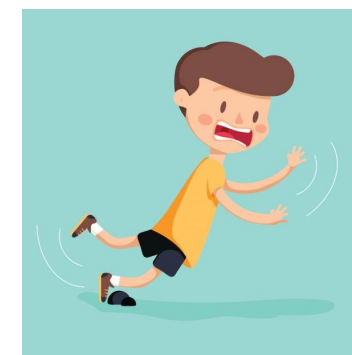
**Enable Ireland Meath Service
Aerbridge House
Dunshaughlin Business Park
Dunshaughlin
Co. Meath A85 XP48**

N3 from Navan Direction: drive through Dunshaughlin
Approx. ½ mile outside town take left turn into Dunshaughlin Business Park (signposted)
In business park take first right turn (there's a signpost saying 'Section 4' and sign for Enable Ireland) go to end of road (it's a cul-de-sac). The last building on left is Aerbridge House; Enable Ireland is around at the back of this building.

Phone: 01-8240696
Fax: 01-8240785
Email: admin.dunshaughlin@enableireland.ie



**Children's
Disability
Network
Team**



**Falls Leaflet
Information on Falls**

**Enable Ireland
Meath Service
Dunshaughlin**

Information on Balance and Falls

“My child falls more than other children”

Why does my child fall?

Falls occur due to many factors and many bodily systems have an affect.

Musculoskeletal System

Possible causes:

- Weaker muscles: can cause your child not to be able to clear the ground with their feet or causes their legs to collapse when they get tired.

Sensory System

Possible causes:

- Poor body awareness: leading to bumping into objects in their environment or tripping over objects.
- Like to seek sensory stimulus: they may like the feeling of falling or banging into objects. Example: child going to pick up a toy instead of bending over and picking up they could throw themselves on the floor to pick it up.
- If they have difficulties focusing or tend to get hyper-focused on other things in their environment this can cause them to trip.

Vestibular System

A system located in our inner ears which gives us information on position and movement of our head.

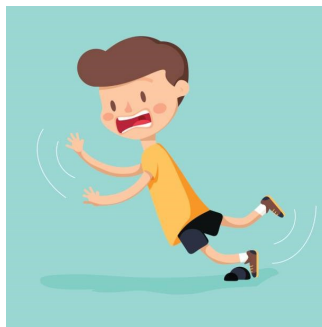
Possible causes:

- If it does not work correctly it can contribute to falls.

Vision Related

Possible causes:

- Vision issues, depth perception or any condition that effects their vision may contribute them to not being able to see their environment and potential hazards that could cause falls.



Key Message

Contact admin if your child has significant strength difficulties and/or frequent injuries from frequent falls.

When does my child need to see a Physiotherapist

Your child will need to be reviewed by a Physiotherapist when **muscle weakness** is the clear cause of falls.

Signs of Muscular Weakness:

- Functional issues: stair climbing
- Sitting down during an activity (e.g. walking) due to tiredness
- Legs collapsing inwards when running
- Difficulty getting up off the floor
- Falls are severally impacting their function
- Falling so frequently that they are causing injury to themselves

What you can do to support development

Educate child around being safe in their environment by paying attention to potential hazards; change of floor type, change in elevation, obstacles, etc...

Helping to improve bodily awareness by community activities such as; going to jungle-gyms, playgrounds, etc...

Allow for sensory regulation—you may need to attend a sensory workshop.