

playgrounds are not recommended for children younger than 6 years old ([American Academy of Pediatrics, Council on Sports Medicine and Fitness, 2012](#)). Serious injuries are discussed elsewhere in the book: burns ([Chapter 13](#)), eye trauma ([Chapter 18](#)), submersive injury ([Chapter 27](#)), and head injuries ([Chapter 27](#)). The prevalence of injuries depends on the dangers present in the environment, the protection offered by adults, and children's behavior patterns. [Table 14-2](#) lists characteristics of school-age children that make them prone to injury and suggestions for injury prevention. [Family-Centered Care](#) boxes provide safety guidelines for bicycle, and skateboard, in-line skate, and scooter guidance during the school years.

## **Family-Centered Care**

### **Bicycle Safety**

- Always wear a properly fitted bicycle helmet that is approved by the US Consumer Product Safety Commission; replace a damaged or outgrown helmet.
- Ride bicycles with traffic and away from parked cars.
- Ride single file.
- Walk bicycles through busy intersections only at crosswalks.
- Give hand signals well in advance of turning or stopping.
- Keep as close to the curb as practical.
- Watch for drain grates, potholes, soft shoulders, loose dirt, and gravel.
- Keep both hands on handlebars except with signaling.
- Never ride double on a bicycle.
- Do not carry packages that interfere with vision or control; do not drag objects behind a bike.