

Falls, Trips and Bumps

Falls, trips and bumps are a normal part of children developing their gross motor skills. It is more common in young children when they first learn to walk, run and move around any obstacles.

When a child falls they learn that they need to do something different next time to make sure they don't fall again, this may be changing the speed they were moving, moving arms and legs in a different way, balancing or maybe not doing the task again. All children learn and grow at different rates so some children will need more practice than others to get it right.

As children grow their centre of gravity changes, their limbs get longer, they get heavier and the tasks they are completing can become more complicated. All these factors need a child to adjust and relearn their motor skills. During this time falls may become more common.

Footwear can impact how a child moves, if a child's shoes are too small or too big, not secured properly, too heavy or bulky or not supportive then this can cause trips and falls.

As children get older the physical tasks they need to complete often get more difficult and require more agility, balance, co-ordination and strength. If a child is not very active these skills and abilities do not improve and this could lead to falls when completing the more difficult physical tasks.

Other factors that can cause children to fall are tiredness, feeling unwell, not enjoying the activity and not concentrating on the task. Not all children enjoy sport but there are plenty of physical activities that have the same benefit and may be more enjoyable.

Some children may have difficulty with planning their movement especially if the task is new, difficult or there are lots of other things going on around them at the same time. Breaking tasks into smaller steps and practicing one step at a time may help. Changing the task to make it easier such as using a bigger or lighter ball to throw and catch may also help, sometimes just more time spent practicing will be needed.

If your child is falling more than 10 times a day, having serious injuries because of the falls or is having difficulty getting back on their feet after the fall then seek a medical assessment or speak to your health visitor or your child's school nurse.