

# Head Injury Advice for Parents

Children have many bangs to the head and it can be difficult to tell whether they are serious or not. Most head injuries are not serious and simply result in a bump or bruise but occasionally head injuries can result in damage to the brain.

If your child bumps their head, follow the advice below:



If your child

- Has not been 'knocked out'
- Is alert and interacts with you
- Has been sick but only once
- Has bruising or minor cuts to their head
- Cried immediately but otherwise normal

Manage at home with the following advice overleaf



If you think that

- Your child has fallen from a height greater than your child's own height
- Your child has fallen from a height more than a metre or yard

**Or**

- If your child is under 1 year old
- Your child has been deliberately harmed (abused)

seek immediate medical advice. Take your child to the nearest Accident and Emergency Department or contact NHS on 111 or visit [www.nhs.uk](http://www.nhs.uk)



If your child:

- Has been 'knocked out' at any time
- Has been sick more than once
- Has clear fluid dribbling out of their nose, ears or both
- Has blood coming from inside one or both of their ears
- Has difficulty speaking or understanding what you are saying
- Is sleepy and you cannot wake them
- Has weakness in their arms and legs or are losing their balance
- Has had a convulsion or fit

You need urgent help please phone 999 or go straight to the nearest Accident and Emergency Department

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- Observe your child closely for the next 2-3 days. Check that they can respond to you normally and can move their arms and legs.
- Give your child children's liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers instructions for the correct dose.
- If the area is swollen or bruised, try placing a cold facecloth over it for 20 minutes every 3-4 hours.
- Make sure your child is drinking enough fluid - water is best, and lukewarm drinks can also be soothing.
- Keep the room they are in at a comfortable temperature, but well ventilated.
- Give them plenty of rest and make sure they avoid any strenuous activity for the next 2-3 days.
- Avoid playing team sports for 2-3 weeks.

## These things are expected:

- Mild headache, especially while watching TV or computer games.
- Being off their food.
- Tiredness or trouble getting to sleep.
- Irritability or bad temper.
- Concentration problems.

**If things do not get better in one week, phone NHS 111 or contact your GP**

**If you need language support or translation please inform the member of staff you are speaking to.**