

## Head Injury Advice for Parents / Carers

Children have many bangs to the head and it can be difficult to tell if they are serious or not. Most head injuries are not serious and simply result in a bump or bruise but occasionally head injuries require medical attention. Please follow the advice below if your child has a head injury.

- Been knocked out at any time.
- Injured their neck or spine.
- Has difficulty understanding what you are saying.
- Been confused or so sleepy that you cannot wake them properly.
- Has weakness in their arms or legs or losing their balance.
- Has had a convulsion or fit.
- Has clear fluid dripping out of their ear, nose or both.
- Has blood coming from inside one or both ears.
- Bled a lot from their head.
- Swelling cut or bruise greater than 5cm if child is less than 1 year of age.

You need emergency help. Please phone 999 or go straight to the nearest A&E department.

- Previous brain surgery.
- Fallen more than a metre in height (3ft) or 5 stairs.
- Child does not remember what happened just before or just after head injury.
- Had a persistent headache since the injury.
- Any vomiting since the injury.
- Has a blood clotting disorder.
- Consumed alcohol or drugs.
- Been very irritable or no concentration or interest in things.
- If your child is under 1 year old.
- If you are concerned your child has been deliberately harmed.

Take your child to Accident and Emergency or seek immediate medical advice.

- Has not been knocked out.
- Is alert and interacts with you.
- No vomiting.
- Has small bruising or minor cuts to the head.
- Cried immediately but is otherwise normal.

Manage at home following the advice overleaf. Contact NHS 111 or health visitor if requiring further advice

**Do not leave your child alone for the first 48 hours.**

**Monitor your child closely over the next 2-3 days. If your child becomes unwell and shows any symptoms in the red or amber box follow the advice stated.**

**These things are expected and you should not worry about them:**

For the next couple of hours your infant/ child will probably be pale, quieter than normal and irritable.

Over the next few days your infant / child may experience the following symptoms:

- Mild headaches.
- Irritability/ bad tempered.
- Concentration problems.
- Tiredness or problems sleeping.
- Lack of appetite.

If these symptoms don't subside in 1 – 2 weeks, contact your GP.

For children  
over 1 you  
should:

- Not let your child play in any vigorous games.
- Not send your child back to school until they are fully recovered.
- Older children should avoid contact sports for 3 weeks.
- Not give your child any medicines that will make your child sleepy (piriton).

- Give your child paracetamol / ibuprofen if they are in pain (follow instructions on bottle)
- Encourage plenty of rest/avoid stressful situations
- Give light things to eat
- If area is bruised/swollen apply cold cloth for 20 mins (repeat 4 hourly if required)

**For infants you should:**

Try to give your baby normal feeds. Make sure you can wake your baby up as normal.

