

# 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.

- 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 liquid paracetamol e.g. calpol or ibuprofen if they are in pain. Always follow the manufacturer's 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, but 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 such as rugby 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, phone NHS 111 or contact your GP.**

**Go to A&E after a head injury if your child has:**

- been knocked out but have now woken up
- been vomiting since the injury
- a headache that does not go away with painkillers
- a change in behaviour, like being more irritable

- problems with memory
- a blood clotting disorder (like haemophilia) or take blood-thinners (like warfarin)
- had brain surgery in the past

Your child could have [concussion](#).

Symptoms usually start within 24 hours, but sometimes may not appear for up to 3 weeks.

[Find your nearest A&E](#)

## **Immediate action required: Call 999 if someone has hit their head and has:**

- been knocked out and has not woken up
- difficulty staying awake or keeping their eyes open
- a fit (seizure)
- problems with their vision
- clear fluid coming from their ears or nose
- bleeding from their ears or bruising behind their ears
- numbness or weakness in part of their body
- problems with walking, balance, understanding, speaking or writing
- hit their head in a serious accident, such as a car crash

Also call 999 if you cannot get someone to A&E safely.