

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 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



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

Please turn over for advice, including a guide to the symptoms of Head Injuries

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