



If any of the following signs occur you MUST either bring your child to the Accident & Emergency Department or contact your family doctor or NHS 24 immediately

- ✓ Increasing confusion (not knowing where they are, getting things muddled up)
- ✓ If your child is unusually drowsy DURING THE DAY or you cannot rouse him/her before you go to bed, or DURING THE NIGHT.
- ✓ If your child complains of a bad headache not relieved with paracetamol/Calpol®
- ✓ If your child vomits (being sick) more than once.
- ✓ Weakness of one or more limbs (arms or legs)
- ✓ Not seeing or breathing as well as usual
- ✓ Watery fluid or blood coming from the ear, nose or mouth
- ✓ If your child complains of any problems with his/her eyesight
- ✓ Has a seizure (fit) or has twitching of the face or hands
- ✓ Any behaviour not normal for your child

 **111** CONTACT NUMBERS

The aim of this leaflet is to give you information on how to care for your child following a minor head injury.

Is there anything I should look for?

Your child has suffered a Head Injury. Following this your child may complain of a sore head, therefore he/she will have to be observed carefully. During the first 24 hours after your child's accident, on returning home, try to keep your child resting quietly. A mild headache may be relieved by paracetamol.

When your child is sleeping you should arrange to check him/her for the first night at two-hour intervals to find out:

- Does he/she appear to be breathing normally?
- Is he/she sleeping in a normal posture?
- Does he/she make the expected response when you rouse him/her gently? e.g. Pulling up sheets, cuddling teddy bear

If you cannot satisfy yourself that your child is sleeping normally, he/she should be wakened fully to be checked.

Things you shouldn't worry about

Your child may feel other symptoms over the next few days which should disappear in the next two weeks. These include mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with their memory, tiredness, lack of appetite or problems sleeping.

If you feel concerned about any of these symptoms in the first few days after discharge you should bring your child to the Doctor.

If these problems do not go away after two weeks, you should bring the child to see the Doctor.