



HEAD INJURY AND CONCUSSION ADVICE IN PRE-SCHOOL CHILDREN/BABIES

Your child is being discharged from hospital following a head injury. Any knock to the head is a head injury and some of these may result in concussion.



Your child has been assessed and is currently showing no signs of serious brain injury. It is unlikely when they go home they will have any further problems. However, if any of the following symptoms occur over the following three days, you should bring your child back to the nearest Emergency Department as soon as possible:

- Unconsciousness or lack of full consciousness
- Any confusion (not knowing where they are, getting muddled)
- Any drowsiness (feeling sleepy) that goes on for longer than one hour when they would normally be wide awake
- Difficulty waking the child up
- Any changes in understanding or speaking
- Any loss of balance or problems walking
- Any weakness in their arms or legs
- Any problems with their eyesight
- Very painful headache that will not go away or uncontrollable crying
- Vomiting (being sick), especially if severe and/or continuing
- Any fits
- Clear fluid or blood coming out of their ears or nose
- New deafness in one or both ears



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It is important to watch your child closely for these symptoms over the next few days. Should anyone else be caring for your child, it is advisable to show them this leaflet as well.

What is Concussion?

Concussion is a term used to describe a set of temporary symptoms following a bump, blow or jolt to the head. You do not have to have lost consciousness to develop concussion. Symptoms usually last a few days to a few weeks and go away on their own.

These include:

- Mild to moderate headache
- Light-headedness/dizziness
- Reduced concentration
- Feeling tired
- Nausea
- Irritability
- Poor sleep

Rarely, they can take longer but we recommend if the symptoms are persisting beyond two weeks see your General Practitioner.

Treating Concussion:

- Use regular analgesia such as paracetamol and ibuprofen
- Get plenty of rest
- Avoid screens such as computers, television and electronic devices



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Restarting normal activities:

If your child is showing symptoms of concussion, they may need to take a few days to rest and recover.

It is recommended that all children who ride bicycles should wear a cycle helmet. This will help to protect their brain from further injury. They should not ride a bicycle until recovered.

If your child participates in sport they should have at least three weeks off followed by a discussion with your General Practitioner prior to restarting.

Please retain this leaflet for future reference.



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Need further advice

Call NHS 111



Children's Brain Injury Trust

Child Brain Injury Trust
Helpline: 0303 303 2248
Info@CBituk.org
<https://childbraininjurytrust.org.uk>



Registered Charity No: 1113326

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net.

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