

Self Management at home

- 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 children's liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers' 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, and 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.

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 don't get better in one week

Phone NHS DIRECT 0845 4647

Or contact your GP

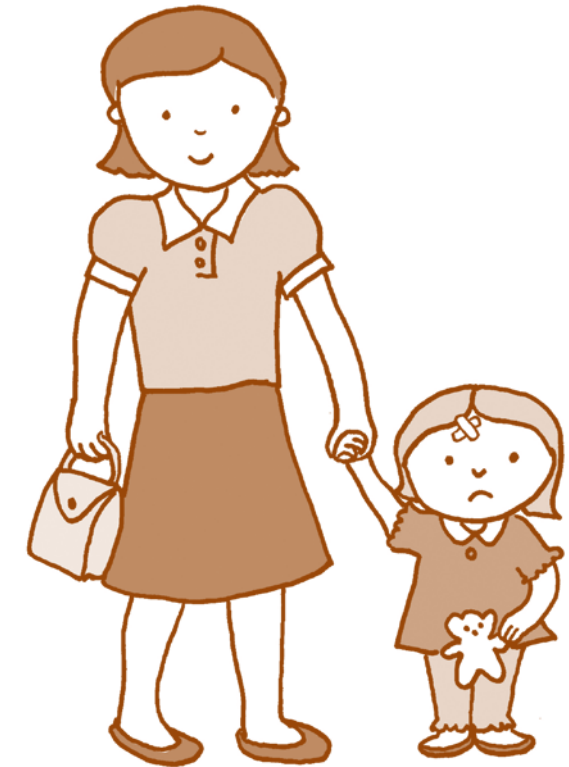
If your child becomes unwell and shows any symptoms shown in the red arrow take your child to A&E

Translation? Tick this box and take to any council office.

ترجمة؟ ضع علامة في المربع وحدها إلى مكتب البلدية.	Arabic	<input type="checkbox"/>
অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান।	Bengali	<input type="checkbox"/>
需要翻译? 请在这方格内划勾, 并送回任何市议会的办事处。	Cantonese	<input type="checkbox"/>
ترجمه؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید.	Farsi	<input type="checkbox"/>
Traduction? Veuillez cocher la case et apporter au council.	French	<input type="checkbox"/>
需要翻译? 请在这方格内划勾, 并送回任何市议会的办事处。	Mandarin	<input type="checkbox"/>
Tłumaczenie? Zaznacz to okienko i zwróć do któregośkolwiek biura samorządu lokalnego (council office).	Polish	<input type="checkbox"/>
Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office).	Portuguese	<input type="checkbox"/>
Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz	Turkish	<input type="checkbox"/>
	other (please state)	<input type="checkbox"/>

This can also be made available in large print, Braille, or on CD or audio tape

Head injury advice for Parents



2950 design by www.graphicdesignteam.org.uk

NHS

Brighton & Hove
Children and Young People's
TRUST


Brighton & Hove
City Council

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 it is important to watch them and follow the advice below.

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

Phone 999 for an Ambulance or
go straight to the nearest A&E
department

If you think that:

Your child has fallen from
a height greater than the 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)

Take your child to the nearest
A&E Department OR seek
immediate medical advice
NHS DIRECT 08454647

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
is otherwise normal

Manage at home following
the advice overleaf