

# Paediatric Head Injury Advice Sheet

Advice for Parents and Carers



**RED**

**If during the next 48 Hours your child:**

- Vomits repeatedly i.e. more than twice (more than 10 minutes between each episode) becomes confused or unaware of their surroundings
- Loses consciousness, becomes drowsy or difficult to wake has a convulsion or fit

- Develops difficulty speaking or understanding what you are saying
- Develops weakness in their arms and legs or starts losing their balance
- Develops problems with their eyesight
- Clear fluid comes out of their nose or ears
- If your baby does not wake for feeds or cries constantly and cannot be soothed

**Your child needs urgent help**

Please phone 999 or go to the nearest hospital



**AMBER**

**If during the next 48 Hours your child:**

- Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)
- Develops a worsening headache.

**You need to contact a doctor or nurse today**

Please ring your GP surgery or call NHS 111



**GREEN**

**If during the next 48 Hours your child:**

- Is alert and interacts with you
- Vomits, but only up to twice
- Experiences mild headaches, struggles to concentrate, lacks appetite and has problems sleeping.

*(if these symptoms go on for more than 2 weeks, make an appointment to see your GP)*

**Self-Care**

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 for advice

**Some Useful Numbers** (you may want to add some numbers on here too)



**GP Practice Phone Number**

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**NHS 111 – Dial 111**  
Free from landlines and mobiles  
24 hours a day  
365 days a year

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## Things you shouldn't worry about:

- Your child may experience various symptoms, including mild headache, feeling sick (without vomiting), dizziness, bad temper, problems concentrating, difficulty remembering things, tiredness, lack of appetite or problems sleeping – these should disappear over the next 2 weeks.
- If you are very concerned about these symptoms or they last longer than 2 weeks, you should seek medical advice from your doctor.

## Things that should help your child get better more quickly:

- Ensure that they have plenty of rest and avoid stressful situations.
- Do not play any contact sport (e.g. football) for at least 1 week and then a phased return to sport by 3 weeks.
- Avoid long periods on computers, mobile phones or watching television.

## Advice about going back to nursery or school:

- Don't allow your child to return to school until you feel that they have completely recovered.
- Try not to leave your child alone at home for the first 48 hours after a significant head injury.

## Long term problems:

- Most children recover quickly from their accident and experience no long-term problems.
- However, some children only develop problems after a few weeks or months. If you start to feel that things are not quite right for your child (such as memory problems, change in behaviour), please contact your doctor so that they can check to make sure that they are recovering properly.

## For further support and advice about head injuries, contact:

Headway UK — 0808 800 2244 [www.headway.org.uk](http://www.headway.org.uk)

Headway do not deal with medical enquiries.