

FIRST 48 HOURS

If your child hits their head and develops any of the following symptoms please see your local GP or attend your closest hospital immediately.

- Becomes unconscious or loses consciousness for a brief period
- Has a worsening headache
- Has a seizure
- Is dizzy
- Has nausea and vomiting
- Is drowsy
- Won't stop crying
- Is wobbly when walking
- Has clear fluid or blood coming from ears or nose
- Has numbness of arms or legs
- Has difficulty speaking

WHAT TO DO

If your child has had a head injury we suggest you:

Reassure your child that they are okay and that any difficulties they are having are likely to get better.

Rest at home for a few days before returning to school. Your child may need more rest breaks during the first few days back at school.

Inform the school that your child has had a head injury and describe any changes you have observed in your child. Ask the teacher to contact you if they notice any changes at school.

Ask the school for feedback one month after the child's head injury.

Contact sports such as soccer, hockey, rugby, football, surfing, bike riding, and skateboarding should be avoided until all symptoms of the head injury resolve.

Please contact PBIRT if there are any concerns.

FIRST 2 MONTHS

Most children have a full recovery from a mild head injury. Many children experience some changes in the first 2 – 3 months after a head injury that improve with time. Your child may experience one or more of the following:

Physical

- Tires easily
- Headaches
- Sensitive to noise or light
- Clumsiness

Behaviour

- Easily frustrated
- Irritability
- Anxious or clingy
- Easily upset
- A change in sleep pattern

Thinking

- Poor concentration
- Difficulty remembering things

Communication

- Difficulty understanding conversation
- Difficulty thinking of words to say

**If you have any concerns
please contact any of the
following:**

Local Doctor

- Phone: _____

Local emergency department

- Phone: _____

Dial 000 for an ambulance

Paediatric Brain Injury Rehabilitation Team (PBIRT)

Phone : 4925 7963

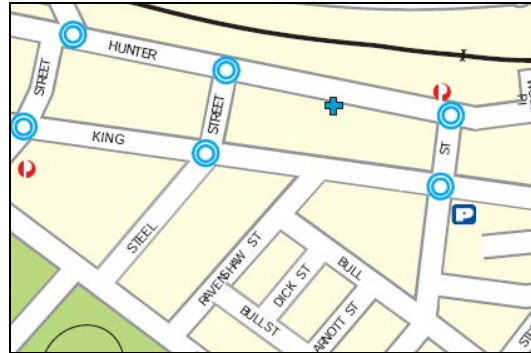
Fax : 4925 7955

Site Address:

621 Hunter Street Newcastle

Postal Address:

PO Box 2563 Dangar 2309



Web site for parent fact sheets
www.chw.edu.au/prof/services/rehab/brain_injury/information_sheets/

When a Child Has Hit Their Head



A Guide for Parents and Carers

What are the signs to look for?

**When should you seek medical
advice?**

**Paediatric Brain Injury Rehabilitation Team
(PBIRT)**