

## ADVICE TO PARENTS & CARERS CONCERNING CHILDREN WITH HEAD INJURIES

Minor head injuries and knocks are common and there is usually no lasting damage. However, sometimes a knock can cause damage which may lead to bleeding into the brain. Symptoms can develop after a few hours or even up to a few weeks after a head injury has occurred. Any child that has been unconscious must attend a Hospital Accident and Emergency Department. If your child sustains a head bump/injury whilst at school we will contact you and advise you of what has happened.

- DO** Expect your child to generally feel miserable and 'off colour'. Do not force him/her to eat, but make sure that they have enough to drink.
- DO** Expect your child to be more tired than usual. Allow him/her to sleep if they want to. Just pop in and see them every couple of hours. Do not be confused between normal sleep and unconsciousness – someone who is unconscious cannot be woken up – you need to be satisfied that they are reacting normally to you.
- DO** Expect your child to have a headache – 'Calpol' or Paracetamol may be given for this.
- DO** Keep your child quiet and resting as much as possible. Keep him/her away from school, discourage active games, watching television and reading until the symptoms subside.

These symptoms should improve steadily, and the child should be back to normal within a few days. Even after a minor head injury, complications may occur, but these are rare. Please be aware that head injuries can have delayed symptoms for up to two weeks after the incident has taken place.