



Advice for Parents about Head Injury

If your child has a minor head injury:

- give them painkillers, such as paracetamol, if they have a mild headache (always read the manufacturer's instructions and never give aspirin to children under 16)
- expect your child to feel generally miserable and "off colour". This may include dizziness, bad temper, problems concentrating, problems sleeping or lack of appetite
- expect your child to be more tired than usual. Allow them to sleep if they want to.
- give them light things to eat avoiding sweets, chocolates and fizzy drinks
- avoid getting them too excited

If any of the following happens within the next two days take your child to the accident and emergency (A&E) department of your local hospital:

- your child is unusually sleepy or you cannot wake them
- has a headache that is getting worse
- is unsteady when she/he walks
- is vomiting
- has a seizure (fit)
- develops a squint or blurred vision, or they start to see double
- loses consciousness