

Following a minor head injury to a child

Patient information for parents and carers

Your child has suffered a head injury and requires watching closely for the next 24 hours. Please check on your child once or twice during the night by waking them to make sure they are rousable.

If you have any concerns please contact 111

Problems your child may complain of:

If your child has a headache, paracetamol syrup (Calpol) given at the correct dose for your child's age, should help to relieve the headache.



Should any of the following develop within the next 2-3 days please telephone 111 or return to A&E.

1. If your child vomits more than twice in 12 hours.
2. If your child is more sleepy than normal and difficult to wake.
3. If your child has double vision.
4. If your child is irritable or has changes in behaviour.
5. If your child has a fit (shaking episode).
6. If your child has any weakness or unusual sensations in their face or arms and legs.

What should I do to help my child's recovery?

Your child should try to rest quietly. It is common soon after this type of injury to feel tired, to have a poor memory and to be unable to concentrate. Your child may find it difficult to read or watch television. This usually settles over the next few days.

Eating and drinking

Your child can eat and drink whatever they want, but they may feel sick or vomit. If the vomiting continues and you are concerned please telephone **111**.

Return to school

Your child should be able to return to school when they are feeling well, usually 2-3 days following the head injury.