

# Head Injury Advice for Newborns

Information for parents and carers

Your baby has now been observed and assessed, and is well enough to be discharged home.

When you get your baby home it is very unlikely that they will have any further problems. If any of the following symptoms are evident, you will need to take your baby to their nearest hospital emergency department immediately.

- Your baby becomes lethargic/unconsciousness
- Your baby vomits repeatedly (more than normal baby vomits)
- You have difficulty waking your baby
- Any seizures (fits)
- You see clear fluid coming out of their ears or nose



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- You see any bleeding from their ears
- Weakness in arms or legs
- Your baby cries constantly and cannot be soothed.

If you have on-going concerns regarding your baby's recovery that do not include the symptoms above please seek advice and assessment from your GP.

## Things to aid your baby's recovery

- Offer milk feeds as normal it may be better initially to offer small frequent feeds to reduce vomiting.
- Keep your baby in a quiet, relaxed environment.

## Tips to reduce head injuries/ falls

- Change your baby's nappy on changing mat on the floor.
- Do not leave your baby unattended on a bed, sofa or changing table.
- Do not place car seats or bouncy chairs on tables or work surfaces.
- Keep stairs free from clutter and hold handrails in-case of trips.
- Follow safe sleeping advice.

**For further information see:** [https://www.what0-18.nhs.uk/application/files/6015/1016/0578/CS45385\\_NHS\\_Head\\_Injury\\_advice\\_sheet\\_Oct\\_17.pdf](https://www.what0-18.nhs.uk/application/files/6015/1016/0578/CS45385_NHS_Head_Injury_advice_sheet_Oct_17.pdf)