



Child Head Injury

Your child has suffered a head injury on _____

They have been assessed by clinician who is confident it is NOT serious

Keep a close eye on your child for the next 2 days

After a minor head injury you are advised to keep them home for 2 days until they are feeling better

Ensure whoever is looking after your child is aware of the symptoms to watch out for

Normal symptoms after a minor head injury include

Being more miserable or 'out of sorts' than normal

Tiredness

Loss of appetite

Loss of concentration

Mild irritability and 'naughtiness'

Headache

Tearful or crying

General management advice



Talk to your care team for treatment options.

You have been advised about the use of pain relief such as Paracetamol suspension for children



You should administer pain relief as advised
_____ over the next few days

Let your child rest as much as possible until they feel better

After a minor head injury your child may feel strange for a few days

Persistent headaches and tiredness can occur



You should seek advice if you notice any of the following



If your child is very irritable with continuous crying or will not settle

If your child appears confused

Excessive sleeping since head injury or difficulty to wake them up

If your child has had a seizure or becomes limp

When caring for someone following a minor head injury you should get immediate medical advice if the above symptoms appear or if you become concerned.

Your child has been assessed by:

Name of practitioner:

Job Title:

Date: