

# Caring for your child at home

- Clean any wound with tap water.
- If the area is swollen or bleeding apply pressure.
- Give your child children's liquid paracetamol or ibuprofen if they are in pain. Always follow the manufacturers' instructions for the correct dose.
- Observe your child closely for the next 2-3 days and check that they are behaving normally and they respond to you as usual.
- It is OK to allow your child to sleep, but observe them regularly and check they respond normally to touch and that their breathing and position in bed is normal.
- Give them plenty of rest, and make sure they avoid any strenuous activity for the next 2-3 days or until their symptoms have settled.
- You know your child best. If you are concerned about them you should seek further advice.

## These things are expected after a head injury

- Intermittent headache especially whilst watching TV or computer games
- Being off their food
- Tiredness or trouble getting to sleep
- Short periods of irritability, bad temper or poor concentration
- May last several weeks.

# Useful numbers

## Western Sussex Hospitals NHS Foundation Trust

(Switchboard), St Richard's Hospital,  
Chichester: 01243 788122  
Worthing and Southlands Hospital,  
Worthing: 01903 205111

## Royal Alexandra Children's Hospital, Brighton

Switchboard 01273 696955

## Princess Royal Hospital, Haywards Heath

Switchboard 01444 441881

## East Surrey Hospital, Redhill

Switchboard 01737 768 511

## Crawley Hospital Urgent Treatment Centre

01293 600300 ex 4141 Open 24 hours,  
7 days a week

## Queen Victoria Hospital Minor Injuries Unit, East Grinstead

01342 414375 Open 8am-10pm, 7 days a week

## Horsham Hospital Minor Injuries Unit

01293 600300 ex 7202  
Open 9am-5pm, Monday - Friday

## Bognor Regis War Memorial Hospital – Minor Injuries Unit

01243 623563 Open 9am-5pm, Monday - Friday

## West Sussex – Family Information Service

Tel: 01243 777807  
[www.westsussex.gov.uk/family](http://www.westsussex.gov.uk/family)

For more copies of this document, for more information and to feedback, please email us:

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Crawley area: [CCCG.contactus-crawleyccg@nhs.net](mailto:CCCG.contactus-crawleyccg@nhs.net)  
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4807 Designed by BHCC Communications Team

Date of Publication: November 2013 / Review Date: November 2015

# Head Injury Advice for Parents and Carers



# Head Injury - Advice for Parents and Carers

This leaflet is to help to advise on how best to care for a child who has a bump / injury to the head. Please use the "Caring for your child at home" advice section (see overleaf) and the traffic light advice below to help you. **Most children can be managed according to the green guidance below especially if they are alert and interacting with you. It is important to watch the child for the next 2-3 days to ensure that they are responding to you as usual.**

## Traffic light advice:

### Red: High Risk

#### If your child:

- Is sleepy and you cannot wake them
- Has been "knocked out" at any time
- Has neck pain
- Has been sick 3 or more times
- Has difficulty speaking or understanding what you are saying
- Has weakness in their arms and legs or are losing their balance
- Has a convulsion or a fit
- Has had clear or bloody fluid dribbling from their nose, ears or both since the injury
- Cannot remember events around or before the accident

Phone 999 for an ambulance or go straight to the nearest Hospital Emergency Department if ANY of these symptoms are present

### Amber: Intermediate Risk

#### If your child:

- Has fallen from a height greater than the child's own height or fallen from more than a metre or a yard and has no red high risk features (see left)
- Has been involved in a road traffic accident and has no red high risk features
- Has been deliberately harmed and in need of medical attention
- Is under one year old

Seek immediate medical advice from your GP when they are open or from calling 111 when they are not open OR take your child to the nearest Hospital Emergency department if ANY of these features are present

### Green: Low Risk

#### If your child:

- Cried immediately (after head injury) but is otherwise normal
- Is alert and interacts with you
- Has not been "knocked out"
- Has been sick but only once
- Has bruising or minor cuts to their head
- Has a large swelling but otherwise meets all of the criteria above in this column

If all the above have been met then manage at home following the advice overleaf or if you are concerned contact your GP when they are open or call 111 when your GP surgery is not open

Head wounds rarely need stitches and can normally be glued by a health professional. This can be done in Minor Injury Units or Urgent Treatment Centres and some GP practices offer a minor injuries service. To find a local service see overleaf.