

Name of Child: _____ Date: _____

Head Injury

What is a head injury?

A head injury is any type of injury that happens to the scalp, skull, or brain. Head injuries can range from minor bumps on the head to severe injuries like broken bones and internal bleeding.

Common symptoms of minor head injuries include: bumps, bruises, cuts, headaches, sensitivity to noise and light, nausea, and irritability.

Treatment for a head injury:

Your child's treatment is based on symptoms:

- If your child has a bump or bruise, apply ice to that area.
- Give pain medicine as ordered for any headaches, such as acetaminophen (Tylenol®) or ibuprofen (Motrin® or Advil®).
- Have your child rest quietly for the first 24 hours after the injury. It is safe for your child to sleep even though your child had a head injury.
- Encourage your child to drink lots of fluids, such as water and milk. Offer your child small amounts of food several times a day until your child's appetite is back to normal.
- Call for a follow up with your child's pediatrician in 3 to 5 days after the head injury.

When to bring your child back to the emergency room:

Bring your child back to the emergency room if your child:

- vomits more than 3 times or it lasts more than 6 hours.
- is hard to wake up.
- has a seizure or convulsion.
- complains of neck pain or has difficulty moving neck.

How to keep your child safe:

There are many things you can do to help prevent brain injuries at home:

- Secure heavy objects to the wall, such as TVs and furniture.
- Make sure your child wears a helmet that fits properly when riding a bike, scooter, or any wheeled toy.
- Put gates at the top and bottom of stairs.
- Always use the buckles to strap your child in safely when using car seats, bouncy seats, swings, and jumpers.
- Do not leave your child unattended on counters, couches, or beds, even if you do not think your child can roll over. Children can still fall off these places very easily.

Now that you've read this:

- Tell your nurse or doctor what treatments you will do for your child with a head injury. (Check when done.)
- Tell your nurse or doctor how to keep your child safe at home. (Check when done.)



If you have any questions or concerns,

- call your child's doctor or
- call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: [facebook.com/theemilycenter](https://www.facebook.com/theemilycenter)
Twitter: [@emilycenter](https://twitter.com/emilycenter)

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

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#1773 • Written by the Concussion Education Team at PCH
Illustrated by Dennis Swain
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Head Injury

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!