

Guidance Following a Bump to the Head

Keep Calm and Observe: Most head injuries are minor, but close observation for 24 to 48 hours is essential.

Apply Cold: Use a cold pack or frozen peas wrapped in a tea towel on the area for short periods to reduce swelling.

Manage Pain: Use children's paracetamol or ibuprofen for pain/headache, but never aspirin.

Rest: Encourage quiet, calm activities for the rest of the day.

When to Seek Medical Advice (Red Flags)

Take your child to A&E or call 999 if your child has any of the following symptoms:

- *Unconsciousness (even for a short time) or cannot be woken up.
- *Vomiting more than once.
- *Persistent, severe headache.
- *Clear fluid coming from the nose or ears.
- *Behavioural changes: unusual irritability, confusion, or acting strangely.
- *Dizziness, loss of balance, or slurred speech.
- *Problems with vision or weakness in arms/legs.
- *A seizure or fit.

Following 24 to 48 hours

Sleep: It is okay for the child to sleep, but check on them periodically to ensure they are breathing normally and can be woken.

Activity Level: Avoid rough play, sports, or bike riding for a few days.

Screen Time: Limit TV, computer games, and mobile phone usage.

Play: Ensure the child is fully recovered before returning to active play.