

Head Injury (Baby or Toddler)



Information for Patients Children's Services



Introduction

Your baby / toddler has had a head injury, but we feel that they do not need to stay in hospital. When you get home it is very unlikely that they will have further problems. But, if any of the following symptoms do return, you should immediately bring them back to your nearest emergency department.

Head Injury (Baby or Toddler)

Watch your baby / toddler for the next 3-4 days, and look out for the following symptoms:

- Unconsciousness or lack of full consciousness (problems keeping eyes open)
- Drowsiness (they become more sleepy than usual or they are hard to wake up)
- They vomit more than twice
- They act differently (problems understanding or speaking)
- They can't grip anything properly
- They cry inconsolably
- Their body or face starts to twitch
- Clear fluid coming out their ear or nose
- You are worried about them

For a baby

You should:

- Try to give them normal feeds
- Let them rest
- Make sure that you can wake them as easily as normal

You should not:

- Give them rich puddings

For a toddler

You should:

- Try to keep your toddler resting quietly
- Give your toddler light things to eat

You should not:

- Let your toddler join in any vigorous games
- Give your toddler any fizzy drinks for the next few days

Please remember if you are concerned you can ring for advice at any time.

Reference Section

National Institute for Health and Care Excellence, 2014. 'Head injury', NICE clinical guideline 176. London (available at: www.guidance.nice.org.uk/CG176)

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net.

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As a Trust we value equality of access to our information and services, therefore alternative formats available on request. Please email nlg-tr.PALS@nhs.net.