



Challenge, Development,
Education & Fun

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Dear parent(s) / carer(s)

Today your child

Had an accident

Did they hit their head

Yes

No

Was involved in an incident

Time

Date

What happened.....

.....
.....
.....
.....

What action was taken.....

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.....

If your child hit their head:

Minor head injuries often cause a bump or bruise. As long as the person is conscious (awake), with no deep cuts, there is unlikely to be any serious damage.

Symptoms of a minor head injury may include:

- a mild headache
- nausea (feeling sick)
- mild dizziness
- mild blurred vision

If your child experience these mild symptoms after a knock, bump or blow to the head, you won't usually require any specific treatment. However, you should go to your local minor injuries unit or accident and emergency (A&E) department for a check-up.

If your child has sustained a head injury, observe them closely for 24 hours to monitor whether their symptoms change or worsen. If your child has a minor head injury, they may cry or be distressed. This is normal, and with attention and reassurance most children will settle down. However, seek medical assistance if your child continues to be distressed.

(Advice provided by NHS)

Signed