



FIRST AID GARAGE

REAL TRAINING. REAL CONFIDENCE. REAL DIFFERENCE.

www.firstaidgarage.co.uk | 01204 588627 | info@firstaidgarage.co.uk

HEAD INJURY

Parent and carer guide



RED FLAGS OR SERIOUS CONCERN = CALL 999

A MINOR BUMP

- Most bumps are not serious, but it is important to watch for a change.
- Use a cold pack or ice pack wrapped in a cloth for short periods.
- Never put ice directly on skin.

GET URGENT HELP IF:

- They are knocked out, have a seizure or cannot stay awake.
- They have trouble walking, speaking, hearing or seeing.
- There is weakness, fluid or bleeding from ears or nose.

WHAT TO DO NEXT

1

STAY WITH YOUR CHILD

An adult should stay with them for at least the first 24 hours and watch for any change.

2

LET THEM REST

They can sleep if tired. Check they can be roused and are behaving normally when awake.

3

GET ADVICE

Call NHS 111 if they are sick, dizzy or you are worried. Call 111 for advice about a child under five.

4

KEEP IT CALM

Avoid rough play for a few days. Do not send them back to normal activities until they are feeling better.

Trust your instincts. If something does not seem right, seek advice.



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Aftercare, observation and reassurance



1 WHAT TO LOOK FOR

- Vomiting, worsening headache, increasing sleepiness, confusion or a change in behaviour.
- Problems with balance, weakness, speaking, understanding, hearing or vision.
- Any symptom that is getting worse or anything that concerns you.

2 SAFE COMFORT

- A wrapped cold pack can help swelling and discomfort for short periods.
- For pain, use children's paracetamol only if suitable and follow the product instructions.
- Avoid rough play for a few days after a minor head injury.

3 WHEN TO CALL 111

- Your child has recently had a head injury and is vomiting or feels dizzy.
- You are worried about any symptom, even if it is not listed here.
- You need advice about a child under five.

4 WHEN TO CALL 999

- They were knocked out and have not woken up, or cannot stay awake.
- They have a seizure, new weakness or problems walking, balance or speaking.
- They have clear fluid or bleeding from ears or nose, or a serious head wound.

5 KEEP THE HANDOVER CLEAR

WHAT HAPPENED

Ask the setting for the time, location and what they saw. Keep this information with you.

WHAT THEY DID

Note any first aid, observation or advice given. This helps if you need to speak to NHS 111 or a clinician.

WHAT TO SHARE

Tell the setting if a health professional gives advice or if your child develops symptoms later.

FIRST AID GARAGE

Helping schools, nurseries and families feel ready to act when it matters.