

Please keep in a safe place for future reference



Bumps and bruises are an everyday part of a child's life. Within the academy we deal with the everyday bumps, cuts and grazes, and we will telephone you if an injury looks as if it may be more serious.

Bumped heads – on other children, door frames and play equipment - are a frequent occurrence. Even if a bump appears minor we will give your child a sticker, so that you know to watch out for any delayed symptoms which may indicate a more serious injury.

Details of what to watch out for are set out below and may be found on NHS websites.

Head Bumps – What To Watch Out For



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

Other symptoms of a minor head injury may include:

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

If these symptoms get significantly worse or if there are other, more serious symptoms, go straight to the accident & emergency (A&E) department of your nearest hospital or call 999 to request an ambulance.

More serious head injuries.

If your child or someone you know has sustained a head injury, other than a slight bump, observe them closely for 24 hours to monitor whether their symptoms change or get worse.

If your child has a minor head injury, they may cry or be distressed. This is normal – with attention and reassurance most children will settle down. However, seek medical assistance if your child continues to be distressed.

Signs of a serious head injury.

Seek immediate medical attention if, after a knock to the head, you notice any of these symptoms in your child:

- unconsciousness, either briefly or for a longer period of time
- difficulty staying awake or still being sleepy several hours after the injury
- clear fluid leaking from the nose or ears bleeding from one or both ears
- bruising behind one or both ears
- any sign of skull damage or a penetrating head injury
- difficulty speaking, such as slurred speech
- difficulty understanding what people say
- reading or writing problems
- balance problems or difficulty walking
- loss of power or sensation in part of the body, such as weakness or loss of feeling in an arm or leg
- general weakness
- vision problems, such as significantly blurred or double vision
- having a seizure or fit (when your body suddenly moves uncontrollably)
- memory loss amnesia, such as not being able to remember what happened before or after the injury
- a persistent headache
- vomiting since the injury
- irritability or unusual behaviour

If any of these symptoms are present, particularly a loss of consciousness – even if only for a short period of time – go immediately to your local A&E department or call 999 and ask for an ambulance.