

TODDLER CONCUSSIONS (2-4): SIGNS AND SYMPTOMS

All concussions present different signs and symptoms. A caretaker must be especially observant of any changes, particularly in behavior or mood. If you suspect they may have a concussion, ***take them to see a healthcare provider within two days*** (if possible). If they present 'red flag symptoms', ***call 911 or go to the ER immediately***.

Signs and symptoms

Physical

- **Headache**
- Loss of balance
- Excessively **tired**
- Nausea or **vomiting**
- Changes in eating
- Regression in toilet training

Social

- Unusually **irritable**
- Increased tantrums
- More comfort-seeking/**clingy**
- Being **aggressive**
- Hard to console

Cognitive

- Easily distracted
- **Clumsier** than usual
- Slow to answer
- Speaking less coherently
- **Sleeping more/less**

Red Flag Symptoms

Call 911 or go to ER immediately if you see:

- Difficulty waking up
- Neck pain or tenderness
- Repeated vomiting
- Continual issues with memory
- Has slurred speech
- Weakness or tingling/burning in arms or legs
- Seizure/convulsion/loss of consciousness



TODDLER CONCUSSION (2-4): RECOVERY

By advocating for your child and following recommended guidelines during your child's recovery process, you can ensure a smoother recovery for your child.

Concussion Recovery

24- 48 HOURS

- **Allow your child to rest**
 - Let your child sleep as much as they want, and do not wake them
- **Limit physical activity**
 - no playgrounds, bike riding
- **Keep your child hydrated**
- **Limit your child's exposure to loud noises and excessive screen time**

AFTER 48 HOURS

- **Sleep:** Try to get your child to return to a normal sleep schedule and limit naps
- **Make healthy nutrition choices:** Have your child drink plenty of water and avoid junk foods
- **Activity:** Begin having your child engage in light, low-risk physical activity such as short walks or playing with friends

Emotional Care: Toddlers can show increased irritability, fussiness, clinginess, and aggression after a concussion. Check in with a doctor, as well as prioritize care and comfort for your child's mental health

Preventing re-injury: Your child's brain is vulnerable following a concussion

- Increased supervision is important to reduce the risk of a fall or head impact
- Limit bike riding and playground use for the first couple of weeks
- Toddler-proof home

NEED TO KNOW

Your child's nervous system and brain are still developing!

It is recommended to follow up with a doctor 1-2 weeks after the first doctor visit to reassess

Caretakers should prioritize their own self-care during their child's recovery.

If your child sees you visibly stressed, it may delay their recovery. Be patient and remember that recovery is a process, and sometimes a slow one!

