

## Minor Head Injuries



### What is a minor head injury?

A minor head injury is caused by a hit to the head, but doesn't cause serious problems. Sometimes more serious problems show up a few hours or a few days after your child got hit. It is important to watch your child or teen carefully for the next few days, so that you can bring her back to the hospital right away if needed.

### After a minor head injury, your child may:

- Have a mild headache
- Feel sick to her stomach (nausea) for a short while
- Throw up once or twice
- Feel a bit dizzy or light headed



### How do we take care of our child at home?

- Make sure your child or teen gets enough rest
- Cut back on your child's activities until he is feeling 'back to normal'.
- Let your child eat and drink as they wish.
- Give acetaminophen (Tylenol®, Tempra®) or ibuprofen (Advil®, Motrin®) for headache as needed.

## How much should I give?

Fever medicines come in different concentrations (the number of mg of medicine in each mL, tablet or suppository). Check the concentration on the bottle, and read the package directions carefully.

My child's weight \_\_\_\_\_

Acetaminophen (Tylenol®, Tempra®, Panadol®, Atasol®)

Dose: 10-15 mg/kg in 4 hours. No more than 6 doses in 24 hours.

My child's dose: \_\_\_\_\_

Ibuprofen (Advil®, Motrin®) Do not give to babies under 6 months of age.

Dose: 10 mg/kg in 6-8 hours. No more than 4 doses in 24 hours.

My child's dose: \_\_\_\_\_

### Should we wake our child up during the night?

Ask your doctor if this is needed.

### When can my child go back to gym class and sports?

Your doctor will be able to tell you when your child can go back to these activities.



## When to bring your child or teen to hospital

### Babies and Toddlers

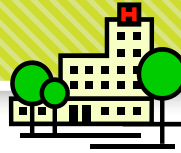
Bring your baby to the Emergency Department right away if your baby:

- Is not feeding well
- Keeps on throwing up
- Is very fussy, crying or hard to comfort
- Is very drowsy and hard to wake up
- Has a bulging or swelling on the soft spot on top of the head (fontanelle)
- Behaves in an unusual way

### Children and Youth

Bring your child to the Emergency Department right away if your child:

- Says their headache is getting worse
- Keeps on throwing up
- Is very drowsy or hard to wake up
- Has trouble seeing, hearing, speaking or walking
- Loses her balance
- Does not know his name, where she is or the time of day
- Behaves in an unusual way



## Call 911!

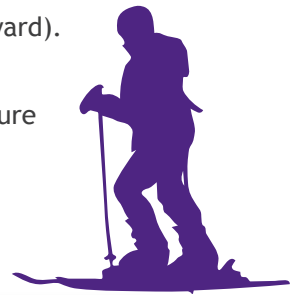
Call 911 if:

- You cannot wake your child
- It is very difficult to wake your child
- Your child has a seizure (child is unconscious, with violent body shaking)



## How can we prevent head injuries in the future?

- **Use a helmet.** A well fitting helmet can prevent up to 85% of sports related head injuries.
- **Do not leave babies on sofas or change tables.** Falls from furniture cause many injuries to young children. Always keep one hand on babies when they are on a change table.
- **Keep babies in bouncy chairs or car seats on the floor.** We see a lot of babies hurt when the seat they're in falls off a table or counter.
- **Stay close to children** when they are on playground equipment (even in your back yard). Don't let children 5 and younger climb higher than 5 feet from the ground.
- **Keep crib side rails up.** Place cribs away from windows, balconies and other furniture
- **Use gates** to keep babies and young children away from the stairs.



## Numbers to know

Your family doctor: \_\_\_\_\_

Telehealth Ontario  
1-866-797-0000

Health Information from Registered Nurses,  
24 hours a day, 7 days a week

TTY: 1-866-797-0007



## Want more info?

Check out these websites:

[www.cheo.on.ca](http://www.cheo.on.ca) Follow the links to  
Health Information A-Z

[www.safekidscanada.ca](http://www.safekidscanada.ca)  
[www.thinkfirst.ca](http://www.thinkfirst.ca)

