

Your child has had a recent head injury

Over this **NEXT WEEK**.....

It's OK for your child to **OCCASIONALLY** complain of.....

- **Headache-** as long as it's relieved by simple analgesics like paracetamol
- **Giddiness or dizziness**
- **Tiredness and lack of energy**
- **Some loss of appetite**

If these persist beyond a week, make an appointment to see your local doctor or me

GO STRAIGHT TO YOUR LOCAL HOSPITAL'S CASUALTY

IF YOUR CHILD HAS ANY OF THE FOLLOWING

- Frequent vomiting
- Bleeding or discharge from the ear or nose
- Severe headache
- A fit or spasms of the face or limbs
- Unusual or confused behaviour
- Difficulty in waking up

Over the **NEXT MONTH**.....

You or other people may notice MILD changes in.....

PHYSICAL ABILITY

Less able to do things like sport, hopping, catching

Not wanting to join in games

More clumsy at dressing, eating, writing etc

SPEECH AND LANGUAGE

Finding the right word, or they may change the amount or style of their speech

MEMORY AND LEARNING

More difficulty in school work or learning new activities

Difficulty in concentrating, understanding or following instructions, following a conversation, re-telling the day's events

Thinking about new things

BEHAVIOUR

Easy frustration and excessive demands

Fearful and anxious

Tiredness or changes in sleeping pattern

As long as these are mild, help your child through these by...

Understanding

Telling them it's O.K. and will get better

Contacting their teacher and making them aware of the problem

If they are major changes or they persist beyond a month, contact me.

