

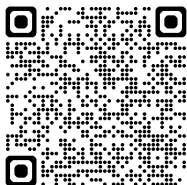


Head Injury Advice

For Babies, Toddlers and Children



Telephone: 0300 125 6800 (Yate MIU) | 01275 546852
(North Somerset MIU) | 0300 124 6260 (South Bristol
UTC)



**Scan the QR Code to view the Minor Injury Unit
(MIU) page on the Sirona care and health
website.**

Service provided by

Sirona
care & health

What to expect after your child has sustained a head injury?

Your child has sustained a head injury. Following a thorough examination, we are satisfied that the injury is not serious.

Do expect your child to feel generally miserable and 'off colour'. These feelings may include feeling sick, dizziness, irritability, or bad temper, problems concentrating, problems sleeping or lack of appetite. Do not force them to eat but make sure that they have enough to drink.

Do expect your child to be more tired than usual. Allow them to sleep if they want to. See them every hour or so. Do not be confused between normal sleep and unconsciousness – someone who is unconscious cannot be woken up. You need to be satisfied that they are reacting normally to you.

Do expect your child to have moderate headache. Children's Paracetamol (sugar free) will suffice for this. A young child may only show a headache as fretfulness.

These symptoms should improve rapidly

If you are concerned about any of these symptoms in the first few days, you should take your child to their doctor.

If these problems do not go away after 2 weeks, take your child to see their doctor.

For Babies:

Encourage your child to have plenty of rest and avoid stressful situations. Your baby should be alert and be easily arousable from sleep. Offer your baby milk feeds as normal. Avoid rich puddings etc, for the first 2 days.

For Toddlers:

Avoid vigorous play. Offer a light diet avoiding sweets/chocolates and fizzy drinks.

Do make sure that there is a nearby telephone and that the child stays within easy reach of medical help.

For Children:

Do encourage your child to have plenty of rest and avoid stressful situations.

Do not give them sleeping pills, sedatives or tranquilisers unless they are prescribed for your child by a doctor.

Do not let them play any contact sport (for example, football) for at least 3 weeks without talking to their doctor first.

Do not allow them to return to school until you feel that they have completely recovered.

Do not leave your child alone in the home for the first 48 hours after leaving hospital.

Do make sure that there is a nearby telephone and that the child stays within easy reach of medical help. Even after an apparently minor head injury, complications may occur, but these are rare.

Please seek immediate medical advice if you notice any of the following signs:

- Unconsciousness, continuing drowsiness or difficulty in waking from sleep
- Appears confused or not understanding what is said
- More than two vomits
- Complaining of severe headache or trouble with their eyesight
- Any loss of balance or problems walking
- Becomes irritable
- Has any kind of attack, which you think is a fit
- Any weakness in one or both arms or legs
- Clear fluid coming out of their ears or nose
- Bleeding from one or both ears
- New deafness in one or both ears
- Cries more than usual or is more difficult to settle than usual
- Fails to grasp objects
- Any abnormal behaviour

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.

Contact Us

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, Physiotherapist practitioners and paramedic practitioners.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

Bristol Urgent Treatment Centre

Minor injuries and illnesses

Open 8am-8pm, 7 days a week

South Bristol NHS Community Hospital Hengrove Promenade Hengrove,
Bristol BS14 0DE

T: 0300 124 6260

Yate Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

Yate West Gate Centre 21 West Walk, Yate BS37 4AX

T: 0300 125 6800

Clevedon Minor Injury Unit

Minor injuries only

Open 8am-8pm, 7 days a week

North Somerset Community Hospital Old Street, Clevedon bs21 6BS

T: 01275 546 852

Other formats

We want you and the people who help you to understand what we send. If you need help with this letter or leaflet, please tell us.

We can help with larger print, audio (a message to listen to), Easy read, British Sign Language or this information in another language.



You can phone us on 0300 125 6800 (Yate MIU) | 01275 546852 (North Somerset MIU) | 0300 124 6260 (South Bristol UTC)

Please scan the QR code to listen to an audio version of this statement.

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