

Understanding Head Injuries in Children



Highlights

Any knock to the head is considered a head injury.

Head injuries can vary from mild to severe.

Symptoms can appear up to 3 days after the accident.

If you are concerned about your child after a head injury, get them checked at the hospital.

In This Article

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Further information

Related information on relevant websites

Symptoms and What to Do After a Head Injury

Head injuries can vary from mild to severe. Symptoms may take up to 3 days to appear.

Take your child to the hospital immediately if their injury results from:

A motor vehicle accident
Being struck by a vehicle while walking or cycling
A fall from a significant height
Being struck by a high-impact object

Take your child to the hospital if they show any of these signs within 3 days of the injury:

Seizure
Double vision
Clumsiness
Reduced consciousness or loss of consciousness
Weakness/tingling in arms or legs
Vomiting more than once
Severe headache
Unusual behavior (e.g., agitation, sleepiness, restlessness)

If your child vomits once, consult a doctor. Minor falls or collisions with objects usually do not require hospital care.

Treatment for Head Injuries and Recovery

After a mild injury, ensure your child rests for 1-2 days. For headaches, paracetamol may be given every 6 hours.

Do not wake your child at night unless advised by a doctor. If you struggle to wake them, call emergency services immediately.

After a concussion:

Recovery may take 4 weeks or longer.
Follow medical advice on rest and avoiding risky activities.
Discuss with a doctor when your child can return to school or childcare.

Tools And Assistance

For more information on head injuries and related guidance, visit [health](#)

organizations and pediatric care resources.