

The following is NHS advice if your child has a minor head injury.
(<http://www.nhs.uk/Conditions/Head-injury-minor/Pages/Treatment.aspx>)

Advice for children

If your child has a minor head injury:

- give them painkillers, such as paracetamol, if they have a mild headache (always read the manufacturer's instructions and never give aspirin to children under 16 years of age)
- only give them light meals for the first one or two days
- avoid getting them too excited
- do not have too many visitors when they return home
- do not let them play contact sports, such as football or rugby
- make sure that they avoid rough play for a few days

Take your child back to the accident and emergency (A&E) department of your local hospital if they:

- are unusually sleepy or you cannot wake them
- have a headache that is getting worse
- are unsteady when they walk
- are repeatedly sick
- have a seizure (fit)
- develop a squint or blurred vision, or they start to see double
- lose consciousness