

**Patient advice and liaison service (PALS)**

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

## Head Injury

### A parent's guide

**Whittington Health**  
Magdala Avenue  
London  
N19 5NF  
Phone: 020 7272 3070  
[www.whittington.nhs.uk](http://www.whittington.nhs.uk)

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### Important advice following your child's head injury

For children more than a year old, keep a look out for:

- Vomiting more than once
- Drowsiness, sleepiness or difficulty in waking up
- Wobbly or unsteady when walking
- Fits
- Blood stained or watery discharge from nose and/or ears
- Severe or unusual headaches

For infants under a year old, keep a look out for:

- Increase in irritability
- Increase in crying
- Jerky limb movements
- High-pitched cry
- Difficulty in rousing
- Vomiting

If any of these symptoms occur or if you are worried about your child in the first 24 hours following the head injury, you should contact:

- Your GP for advice
- Ifor, our paediatric ward, on 020 7288 4102

Alternatively, take your child to the nearest Emergency Department.

[For more information](#)

Call Ifor Ward on 020 7288 4102.