Pound Park Nursery School

Head Bump Advice

for Parents

Information for families after a child bumps their head.

Most head bumps in young children are minor, but it's important to keep an eye on your child for the next **24–48 hours**.
This leaflet explains what is normal, what to monitor, and when to seek medical help.

☺ Mild, Common Symptoms (Usually Not Serious)

Your child may experience some of these after a minor bump:

- A small bump or bruise
- Mild headache
- Feeling a bit sick
- Dizziness
- Being a little tired or wanting extra rest
- Slightly quieter, more emotional, or "not quite themselves"
- Temporary difficulty concentrating

These symptoms usually improve on their own.

⚠ Symptoms to Watch More Closely

Contact **NHS 111** or your GP if your child:

- Has a headache that does not go away
- Vomits once or twice
- Seems unusually irritable, upset, or confused
- Is sleepier than normal or difficult to wake
- Complains of blurred vision or ongoing dizziness

You know your child best—if something doesn't feel right, please get advice.

Urgent Symptoms — Go to A&E Immediately

Seek urgent medical help if your child:

- Vomits repeatedly (three or more times)
- Loses consciousness (even briefly)
- Has a large swelling (more than 5 cm), especially in very young children
- These symptoms may indicate a more serious injury.