

RESUMPTION OF ACTIVITIES

An initial period of rest for 24 to 48 hours may be required.

Afterwards, the child can resume his or her daily activities, as tolerated and if his or her symptoms do not worsen.

*Note that, if symptoms increase during an activity, an **additional 24-hour break** might be required before the child resumes the particular activity.*

PREVENTION

There are several ways to prevent head injuries in children:

- Use a car seat adapted to the age and size of the child and make sure it is properly installed. See the SAAQ website for more information: saaq.gouv.qc.ca | [Road Safety](#) | [Client Groups](#) | [Parents and Children](#) |

- Ensure adequate adult supervision during recreational and sports activities.
- Have your child wear the proper equipment during sports and recreational activities (such as helmets).

If after four to six weeks your child still has some symptoms, you should contact your family doctor or call 811.

santeestrie.qc.ca

Source :

Adapted and translated with the permission of CHU Sainte-Justine

Adaptation :

Direction des ressources humaines, des communications et des affaires juridiques, mars 2023

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Québec 

Information
for parents

HEAD INJURY in Preschool Children (0–5 years)



Québec 

If your child has hit his or her head (head injury), it can be a very disturbing event for your child and your family. This pamphlet is intended to inform you and help you better understand what is happening to your child.

WHAT IS HEAD INJURY?

Head injury occurs as a result of a blow to the head that shakes the brain within the skull. This can cause a temporary disturbance in brain function and some symptoms in your child.

When symptoms are present, it is more commonly referred to as a mild traumatic brain injury, commonly called concussion.

WHAT ARE THE POSSIBLE SIGNS AND SYMPTOMS?

- Headache
- Nausea, vomiting
- Dizziness, loss of balance
- Sensitivity to light or noise
- Feeling of being in slow motion
- Fatigue, sleep disorders
- Mood changes, excessive crying
- Problems with memory, attention, and concentration

The most intense symptoms usually last one to two weeks, but may persist with less intensity for four to six weeks.

WHAT CAN BE DONE

- Give the child acetaminophen for headache or other pain.
- Encourage a light diet for 24 hours or as long as the child is nauseated: liquids, broths, Jello® as tolerated.
- If your child is tired, let him or her rest as needed.

WHEN TO SEEK MEDICAL ATTENTION

You should seek prompt medical attention if your child has any of the following symptoms:

- Decreased level of consciousness, child difficult to wake up
- Convulsions
- Severe or increasing headaches
- Repeated vomiting
- Increasing confusion or irritability, unusual behavior
- Severe neck pain
- Difficulty walking
- Difficulty speaking
- Vision problems
- Weakness, tingling or numbness in the arms or legs

