



Dr Wolfgang Muller (Consultant Paediatrician)

Parent Information Guide:

HEAD INJURY ADVICE FOR PARENTS AND CARERS

For babies and young children

Your baby has been seen in hospital following a head injury. We have checked your baby and they are well enough to go home. Please read this advice carefully.

LOOKING AFTER YOUR BABY AT HOME

Your baby should recover well, but it is important to keep a close eye on them for the first 24 to 48 hours.

Do not leave your baby alone for the first 24 hours after leaving hospital.

Make sure you have access to a telephone in case you need to call for help.

It is safe to let your baby sleep, but check on them regularly. When they wake for feeds or nappy changes, make sure they respond normally.

If your baby seems in pain, you may give paracetamol at the dose recommended for their age. Please ask the nurse or doctor if you are unsure about the correct dose.

WHEN TO COME BACK TO THE EMERGENCY DEPARTMENT STRAIGHT AWAY

Bring your baby back to the nearest Emergency Department immediately if you notice any of the following:

Your baby is unusually sleepy or difficult to wake

Your baby will not stop crying or is more irritable than usual

Your baby is not feeding normally

Your baby vomits 3 or more times

Your baby has a fit or seizure (jerking movements of the arms or legs)

Your baby becomes unconscious or unresponsive

You notice clear fluid coming from the ears or nose

You notice bleeding from one or both ears

Your baby seems weak in their arms or legs

You notice new bruising behind the ears or around the eyes

There is any new or worsening swelling on the head

Your baby's behaviour changes in any way that worries you



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If you are unsure or worried at any time, it is always safer to come back and have your baby checked again.

IN THE COMING DAYS AND WEEKS

Some babies may be a little unsettled, irritable, or have changes in their sleep or feeding patterns for a short time after a head injury. This is usually normal and settles on its own.

Contact your GP or return to the Emergency Department if:

You notice any new symptoms
Your baby is not getting back to their normal self
You have any concerns at all

YOUR BABY'S GP AND HEALTH VISITOR

We will send a letter to your baby's GP within 48 hours to let them know about this visit. Your health visitor may also be informed.

If you have any questions about your baby's recovery, your GP or health visitor can help.

EMERGENCY CONTACTS

Emergency services: 999

NHS 111 (non-emergency advice): 111

Your local Emergency Department: _____

Please let me know if there is any further concern best via WhatsApp: +44 7391 632285 during main hours 08:00 -22:00 over the next 48 hours.

This advice is based on national guidelines from the National Institute for Health and Care Excellence (NICE NG232, 2023).

Enclosed is a link to further parent information:

Parent information on "My child is unwell – When should I see a doctor?"

<https://drwmuller.com/information-for-parents-carers/>

See: Emergencies: "When do I need to see a doctor urgently?"

Written by: Dr W Muller

Date: 02/01/2026