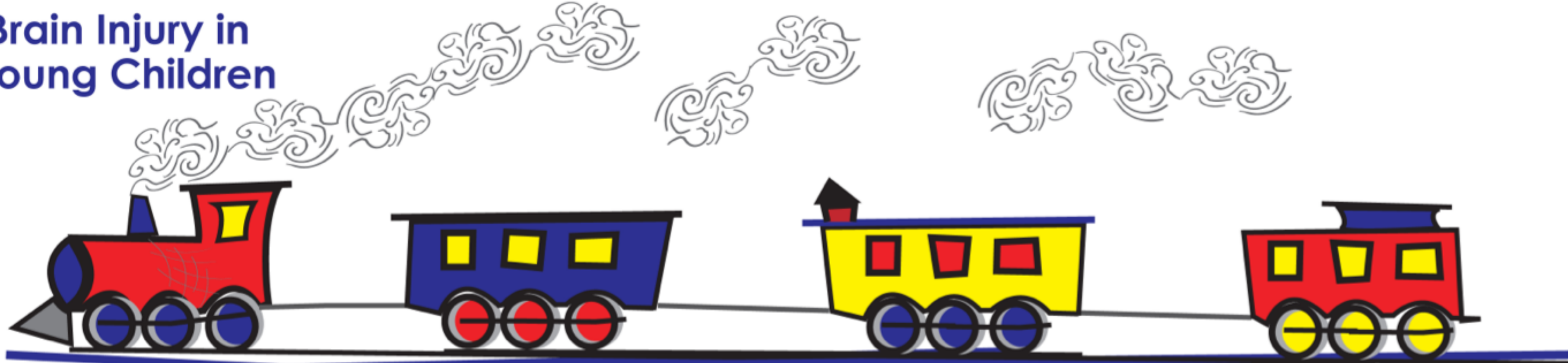


# Brain Injury in Young Children



## Prevention is the Only Cure

Falls are the leading cause of traumatic brain injury in children between 0 and 4 years.

**Play safely:** Make sure playground equipment is properly designed and maintained, and have a safe, soft landing surface in case a child falls.

**Make home safety improvements:** Install stair gates, guard rails, and guards on windows above ground level.

**Keep sports safe:** Make sure your child wears a helmet when bike riding, skating, or playing active sports.

**Supervision is key:** Always supervise a young child around stairs and playground equipment.

## Signs and Symptoms

Brain injury looks different in every child. Have a doctor examine your child if any of the following changes persist after a blow to the head:

- ⊗ decreased strength or coordination
- ⊗ changes in sucking or swallowing
- ⊗ decreased appetite
- ⊗ decreased smiling, vocalizing or talking
- ⊗ frequent rubbing of the eyes or head
- ⊗ decreased ability to focus the eyes
- ⊗ unequal pupil size
- ⊗ increased sensitivity to light or sound
- ⊗ extreme irritability

## Multiple Injuries

Sustaining multiple concussions is particularly dangerous to young children. Even when a blow to the head seems minor, a second equally-minor injury can have devastating results.

Keep a record of any injuries to the head that your child sustains. Symptoms of an early brain injury may not appear until a child reaches late elementary or middle school years.

Knowing how to prevent brain injuries helps keep children safe.

**Brain injury lasts a lifetime.**

## For more information

**Brain Injury Association of Pennsylvania**

<http://www.biapa.org>

**Brain Injury Help Line (PA only)**

1-866-412-4755

**Brainline**

<http://brainline.org>

**Brain Injury Association of America**

<http://www.biausa.org>

**International Brain Injury Association**

<http://www.internationalbrain.org>

**Adapted with permission from The Nebraska Traumatic Brain Injury Advisory Council's Task Force on Children and Youth.**

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