



# Pediatric Mild Traumatic Brain Injury

## You are headed home, now what?

### What are some normal symptoms?



**Physical:** Headache, Feel like throwing up, Throw up, Tired, Sensitivity to light, Dizzy



**Thinking:** Can't concentrate, Foggy feeling, Can't remember, More slowed down



**Emotional:** Anxiety, Nervousness, Easily angered, Sad, More emotional



**Sleep:** More or less sleep, Drowsy, Difficulty Falling asleep



- Make sure to help your child get enough sleep at night.
- Encourage your child to drink lots of liquids and eat a balanced diet.
- While your child recovers, it is normal for them to feel frustrated and sad.
- Early on, limit physical and thinking or remembering activities to avoid causing symptoms to worsen.
- Take breaks if symptoms worsen.
- Avoid activities that put your child at risk for another injury to the head.
- Use Tylenol and Ibuprofen for pain control.

### What should I do at home?

### When should I be concerned?

**After your child's concussion, call 9-1-1 or return to the emergency department if your child develops:**

- A headache that gets progressively worse and does not go away
- Significant nausea or repeated vomiting
- Increased confusion, restlessness, or agitation
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- Shaking or twitching
- Loss of consciousness (passing out)



Scan the QR code to find resources in your area

### Where can I follow up?