

# Bumps, bruises & falls

## Part of growing up

It is almost impossible to prevent every accident, although there are things we can do at home which might help. Minor cuts, bumps and bruises are a normal part of growing up. Allowing your child to explore the world around them (with supervision) helps them develop and learn. Most of your child's bumps will require no more than a cuddle or a plaster to make them better. You will quickly be able to tell by the noise of the bang, the reaction of your child and the colour of the area affected, which are the more serious bumps. If your child has unexplained bruising or injury, you need to find out how this happened.

If it looks like the bump may swell, use a cold flannel (soaking the cloth with cold water) or ice pack (but don't put ice directly onto the skin) to help reduce swelling and to cool the area for at least a few minutes.

**If your child has had a bump to the head and it looks serious or symptoms worsen, call your GP. Read the information below.**

## Head injury

One of the signs of a severe head injury is being unusually sleepy, this does not mean you cannot let your child sleep.

**You need to get medical attention if:**

- **They are vomiting persistently (more than three times).**
- **They are complaining it hurts.**
- **They are not responding at all.**
- **Pain is not relieved by sugar-free paracetamol or ibuprofen.**

If your child is tired from what's happened, or from crying, then it is fine to let them sleep. **If you are worried in any way about their drowsiness, then you should wake your child an hour after they go to sleep.** Check they are okay and responding normally throughout the night.

## Falls

For babies the biggest danger is rolling off the edge of a bed, or changing surface. For toddlers it is more about falling from furniture or down stairs.

### **PREVENTION:**

Make sure baby cannot roll off any surfaces, put pillows around them. Do not put a bouncing cradle or car seat on a surface where they could wriggle off.

Use stair gates for toddlers. Make sure balconies are locked and fit restrictors and safety locks to windows.

## 1

After a fall, comfort your child, check for injuries, treat bumps and bruises.

## 2

Give your child some **sugar-free** paracetamol and let them rest whilst watching them closely.

## 3

Seek immediate help if they:

- Have seriously injured themselves.
- Are unconscious.
- Have difficulty breathing.
- Are having a seizure.