



Bumped Head – Information for parents

We have recently reviewed our policy for head bumps, and we have implemented a new procedure to ensure that all staff and parents are informed when children bump their heads during the school day. During the school day, minor bumps to the head can occur, especially during playtime or PE sessions.

Procedure for bumped heads

Any child who sustains a head bump will be given a blue bumped head wristband.

- The wristband will make it visible to all school staff that a head bump has occurred.
- A wristband will be provided to any child who presents to a first aider with a bump to their head or face.
- The wristband serves as notification that one of our First Aiders has attended to and assessed the child, providing a cold compress to treat the minor injury. At the time, it was not deemed necessary to refer the child for further attention.
- The wristband will include the date and time of the incident.
- Children will be instructed to keep the wristband on their wrist until they arrive home to show their parents or carers, even if they attend an after-school club.
- If any additional information is required, school will contact parents by telephone call.

For more serious head injuries, parents will be contacted immediately and asked to come to the school to assess whether the child needs to go home or receive further treatment. In severe cases, emergency services will be contacted if, after assessment, immediate medical attention is deemed necessary.

All incidents will be recorded on our first aid system - Medical Tracker.

Concussion

In rare circumstances, symptoms of concussion may develop up to 24 hours after an injury. If any of the following conditions occur, please refer the child to a doctor, preferably at the local A&E department:

- Severe headache (persistent)
- Sensitivity to bright light
- Vomiting
- Dizziness, double vision, or blurred vision
- Disorientation or confusion
- Changes in consciousness level

Head Injury Advice Sheet

Advice for parents and carers of children



How is your child?



RED

If your child has any of the following during the next 48 hours:

- Vomits repeatedly i.e. more than twice (at least 10 minutes between each vomit)
- Becomes confused or unaware of their surroundings
- Loses consciousness, becomes drowsy or difficult to wake
- Has a convulsion or fit
- Develops difficulty speaking or understanding what you are saying
- Develops weakness in their arms and legs or starts losing their balance
- Develops problems with their eyesight
- Has clear fluid coming out of their nose or ears
- Does not wake for feeds or cries constantly and cannot be soothed

You need urgent help

Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following during the next 48 hours:

- Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)
- Develops a worsening headache

You need to contact a doctor or nurse today

Please ring your GP surgery or call NHS 111 – dial 111



GREEN

If your child:

- Is alert and interacts with you
- Vomits, but only up to twice
- Experiences mild headaches, struggles to concentrate, lacks appetite or has problems sleeping

If you are very concerned about these symptoms or they go on for more than 2 months, make an appointment to see your GP.

Self Care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111