

# Here's Help: Mild Head Injury (Bump, Cut, or Scrape) in Children

No matter how hard you try to protect them, almost all children will bump, bonk, or hit their head, especially when they're learning to crawl or walk, or when they're older and are learning a new sport or activity.

But don't worry. Most head bumps, scrapes, or cuts are minor.

Here's what you can do at home. Stay calm.

Being calm lets your child know they're going to be just fine. And so will you.

Stop any bleeding with firm pressure using a clean cloth or bandage. Sometimes a cut on the head bleeds a lot.

So if you're wondering about stitches, if the bleeding hasn't stopped after 15 minutes of pressure, or if you're concerned about a scar, go ahead and call your doctor.

Use ice, a bag of frozen vegetables, or a cold pack to keep the "goose egg" --the bump--from swelling.

Always keep a cloth between your child's skin and the ice pack.

Here are a few things to watch for, just in case.

Call your doctor if your child has a severe headache. A toddler may show that they have a headache by squinting their eyes or holding their head.

And call if your child vomits, cries and can't stop, gets sleepy or falls asleep, or seems a little off.

For example, if your child is saying things that don't make sense or is acting out of character.

Get emergency help right away if your child loses consciousness or has a seizure.

To avoid head bumps, here are some things you can do. Pad corners on coffee tables. Teach your child how to crawl or walk safely on steps. And grow eyes in the back of your head.

In other words, no matter how careful you are, it can still happen.

Kids bump their heads. It can be scary. But if you have any questions or concerns, you can always call your doctor.