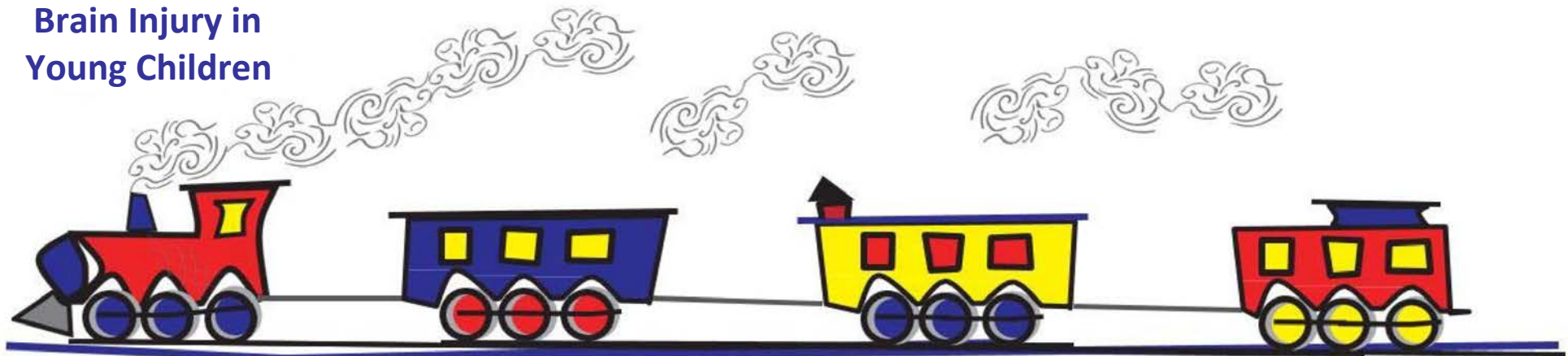


Brain Injury in Young Children



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 & 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
- behavior & sleep changes
- appetite changes, changes in sucking or swallowing
- decreased smiling, vocalizing or talking
- frequent rubbing of the eyes or head
- decreased ability to focus the eyes, unequal pupil size
- stomach aches
- 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. One injury is bad enough; a second can be catastrophic.

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

For more information:

TN Traumatic Brain Injury Program
<https://www.tn.gov/health/braininjury.html>

Brain Injury Association of America <https://www.biausa.org/>

Brain Links
<https://www.tndisability.org/brain>



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