

Falls when your child or baby hits her head can be scary for parents. However, children are quite resilient, and most minor falls are not concerning

Reassuring Symptoms

- Your child is easily consolable and stops crying within minutes of event
- Your child starts acting like themselves with good energy, smiling, or playing
- Your child is awake and alert
- Your child is eating and drinking normally



If your baby has returned to their baseline after a fall with head injury and it is her normal time for a nap, it is OK to let them sleep.

Monitoring Symptoms

Here are some guidelines to know when your infant or child should be seen for a fall/hitting their head:

- Loss of consciousness
- Fall and hitting head in a child < 2 years old from 3 feet or higher, or down 5 stairs or more
- Noted deformity to head, indent, or persistent bleeding or laceration
- Your child is inconsolable and continues to cry or scream in pain
- Your child is nauseated, not wanting to eat, or starting to vomit
- Your child becomes lethargic and you can not wake him/her up fully
- Not acting themselves, dizzy, or confused. Complaining of a severe headache

Questions?

This sheet provides general advice and is not specific for your individual child. Always call if something seems off or if you have specific questions or concerns!





