

# Parent Factsheet: Traumatic Brain/Head Injury (TBI) in Children

A Traumatic Brain Injury (TBI) is caused by a bump, blow or jolt to the head or an object enters the head that makes the brain not work. Not all blows or jolts to the head cause a TBI. The severity of a TBI may range from “mild” to “severe.” Most TBIs are concussions or mild TBI.

A concussion is a type of TBI that caused the brain not to work correctly. Concussions can also occur from a fall or a blow to the body that makes the head and brain to move quickly back and forth. Doctors may call a concussion a “mild” brain injury because concussions are not always life threatening. However, a mild injury can cause problems now or even later as the child grows. Children can have problems with paying attention or remembering things.

Many children who hurt their heads get well and have no long-term problems. Some children may not have problems right away. Changes may occur in your child over the course of several months. If the symptoms below do not go away. Please see instructions below on what to do.

## Possible Consequences of TBI

- In the first two to six weeks after a TBI, some children may experience:
  - o Headache
  - o Dizziness
  - o Nausea
  - o Sensitivity to light or noise
  - o Confusion
  - o Problems paying attention and following directions
  - o Fatigue and/or disturbed sleep
  - o Trouble expressing themselves
- Some children may show more long-lasting effects of a TBI. Children with a serious brain injury can have problems for a long time. These problems could include difficulties in the areas of:
  - o Paying attention
  - o Learning new information
  - o Managing their own behavior, their work and responsibilities
  - o Mood
  - o Academic performance
  - o Language
  - o Social Skills
  - o Problem Solving

It is important to write down how the child hurt their head and brain. It is important to call the doctor or person that takes care of your child's health.

## What To Do:

If your child has any problems on the list above and they don't go away:

1. Ask your child's doctor to have your child seen by a specialist in brain injury who can help your child learn new skills.
2. Ask your child's doctor to have your child seen by a Board certified Neuropsychologist. The specialist can help you understand and deal with your child's behavior and feeling changes.