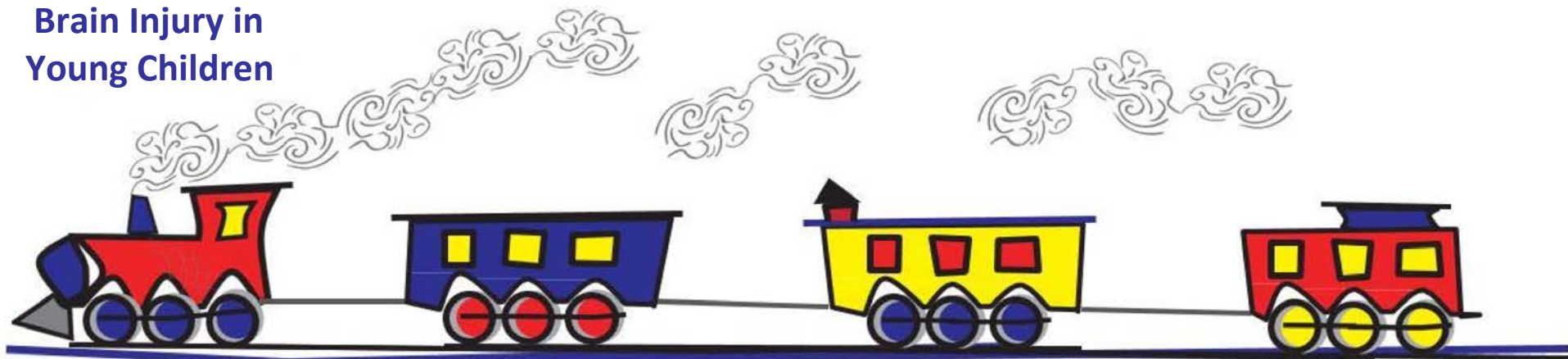


# Brain Injury in Young Children



## 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
- stomachaches
- 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/health-program-areas/fhw/tbi.html>

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

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



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