



Brain Health for Kids

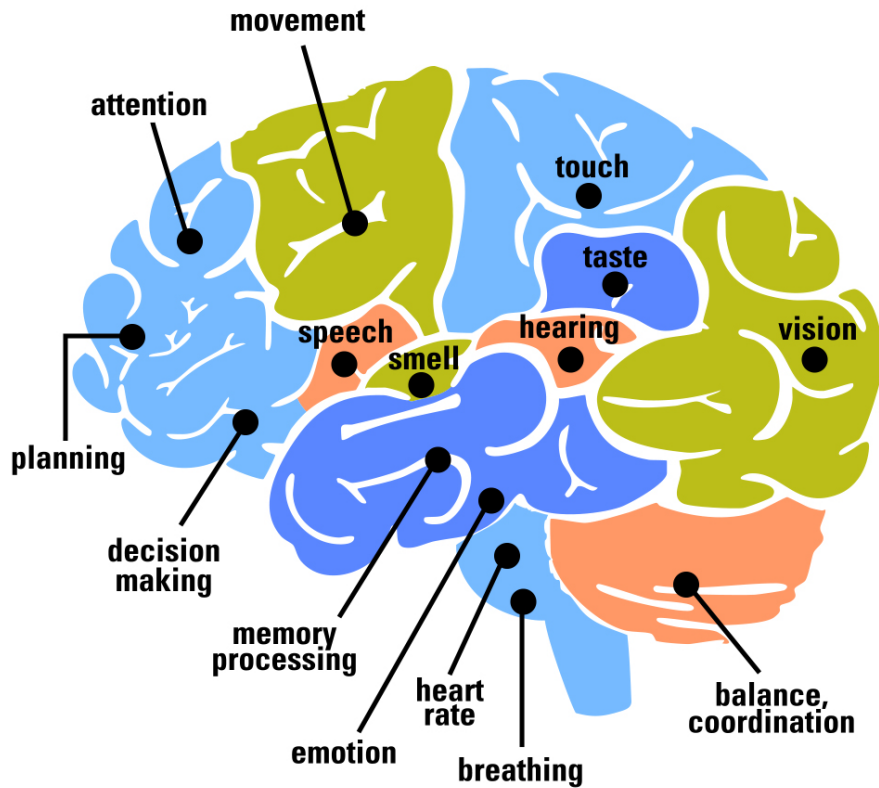
A PROGRAM OF THE BRAIN INJURY
ASSOCIATION OF AMERICA

Brain Injury Basics

Tips and info for parents

The information provided in this presentation is not a substitute for medical or professional care. Questions about diagnosis and treatment for a brain injury should be directed to your child's doctor or nurse.

The brain is the body's control center



Our brain makes it possible for us to learn and remember, as well as do things that we often don't think about, like breathing and moving our arms and legs to walk and stand up.

How we feel and our ability to see, smell, and sense touch are also controlled by our brain.

Keeping your child's brain healthy and strong

There are several ways to keep a child's brain healthy and to help it grow.

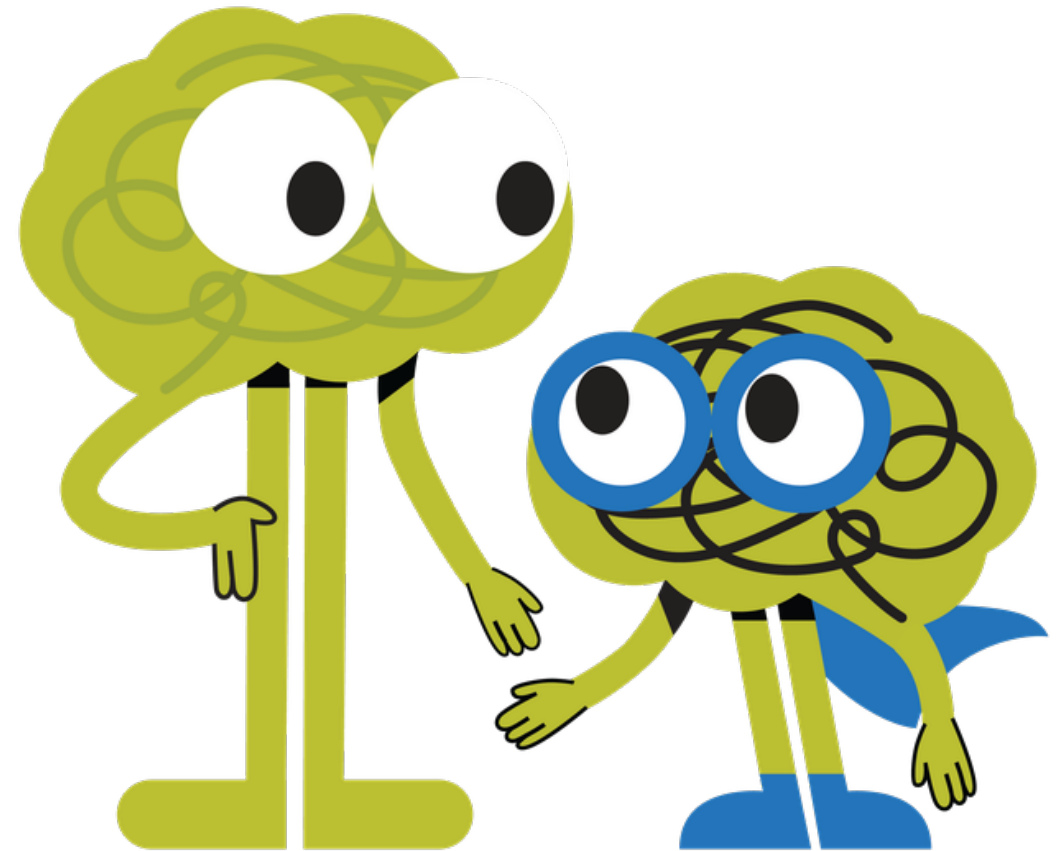
Examples include:

- ✓ Getting a good night's sleep
- ✓ Eating healthy foods
- ✓ Staying hydrated
- ✓ Doing schoolwork
- ✓ Keeping active in play/sports
- ✓ Playing with friends



Your child's brain is growing and developing until about age 25.

- ✓ Keeping their brain healthy and safe from brain injury during its development is key.



A brain injury effects how the brain works

Brain injuries among children are often caused by a bump, blow, or jolt to the head. They may also result from a loss of oxygen to the brain.

Concussions are the most common type of brain injuries among children.



Common causes of brain injuries among children



Falls

You play a crucial role in preventing falls by using:

- Window guards or stops
- Stair gates
- Handrails



Sports

Choose programs that educate coaches, sports officials, and athletes about brain injuries and ways to lower the risk for head impacts.



Recreational activities

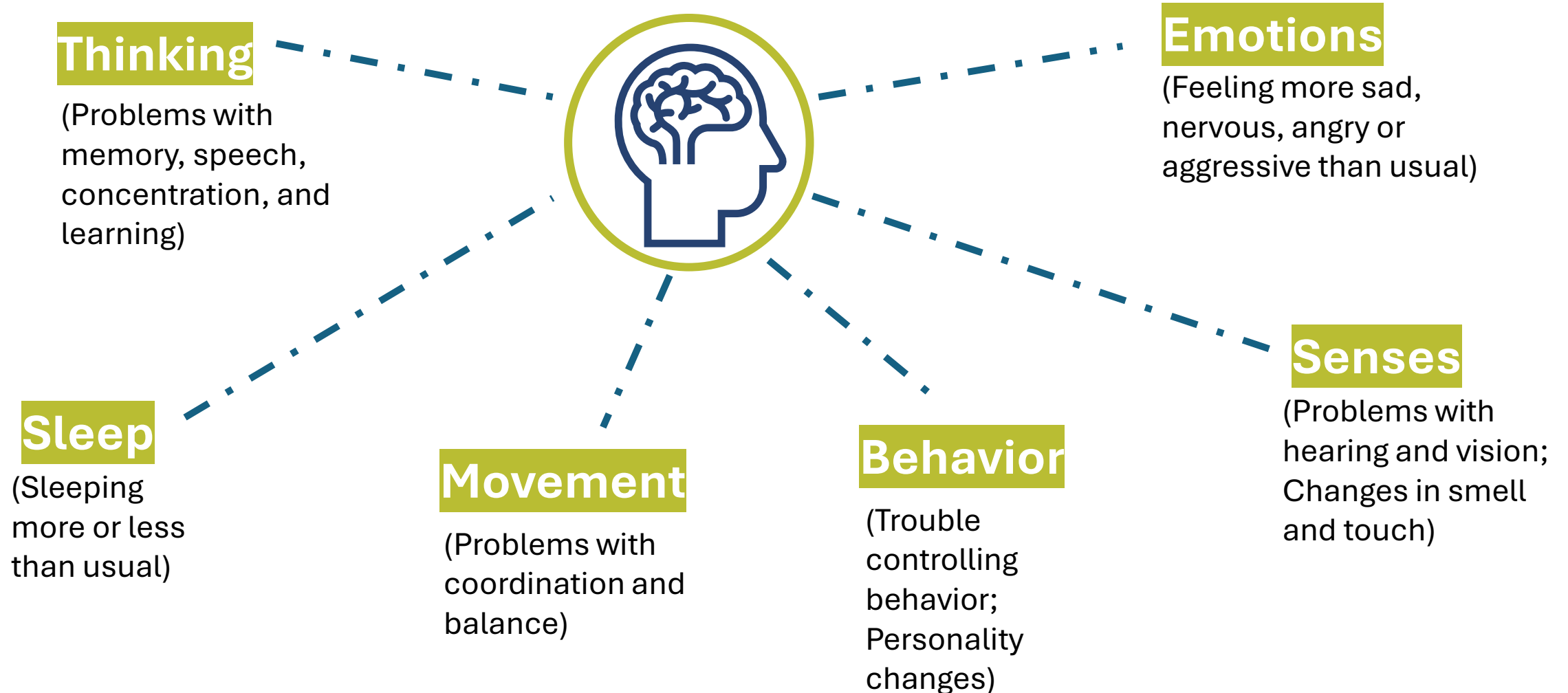
Make sure your child always wears the right helmet for their activity and that it fits correctly.



Car crashes

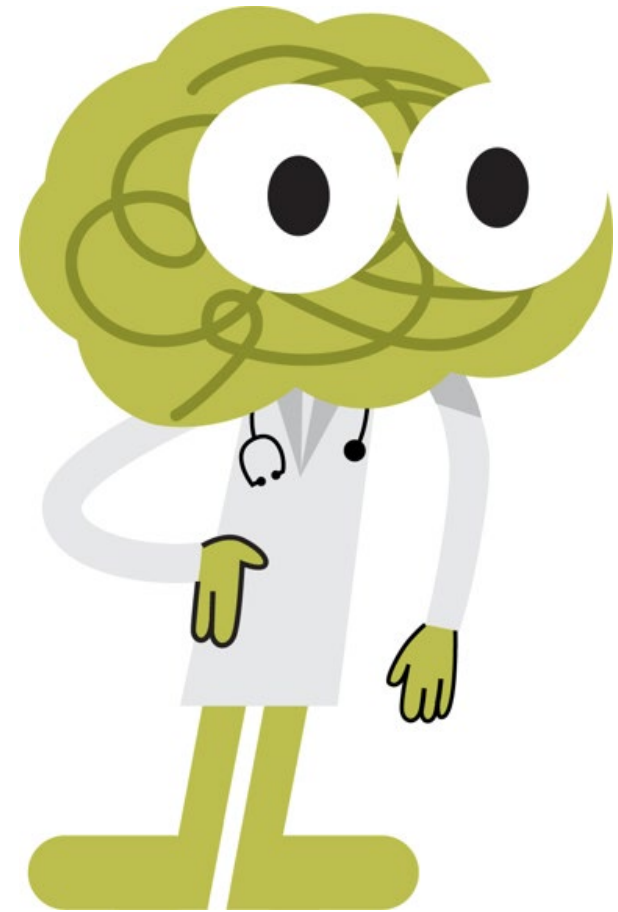
Ensure your child is always properly buckled up in a car seat, booster seat or seat belt — whichever is appropriate for their age and size.

A child may experience one or more symptoms



Children with a possible brain injury need to see a doctor or nurse.

- ✓ Getting care from a doctor or nurse can help speed your child's recovery.



Brain injury symptoms are different for each child



Brain injury symptoms may also:

- ✓ Change during recovery
- ✓ Be most severe right after the injury
- ✓ Differ depending on the age of your child
- ✓ Be missed or confused with other health conditions
- ✓ **Be lessened with proper care** from a doctor or nurse

Brain injury danger signs

Call 911 or take your child to the nearest emergency department if you notice any of the following danger signs following a bump, blow, or jolt to the head:

- Convulsions or seizures (shaking or twitching)
- Not able to recognize people or places
- Repeated nausea or vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness with increasing drowsiness, inability to wake up, or inability to stay awake
- Slurred speech, weakness, numbness, or decreased coordination
- A headache that gets worse and does not go away
- One pupil larger than the other or double vision

Danger signs might look different in young children

In addition to the danger signs listed previously, brain injury danger signs in infants and toddlers may include:

- Will not stop crying and cannot be consoled
- Will not nurse or eat



For more tips and info on brain injury

Visit www.biausa.org/KidsBrainHealth

or call the Brain Injury Association
of America at [1-800-444-6443](tel:1-800-444-6443)

