

Falls

Highest on the list of preventable accidents in young children! **Never**, never turn your back on your baby! Be certain that he/she will not roll or fall from bed, counter, or changing table.

Head Trauma

Call immediately for age less than 6 months , any loss of consciousness, severe headache or nonstop crying, or if skull has any depressed area palpable. If child is awake, moving all extremities well, and has no evidence of vomiting he/she may be observed using the following guidelines:

1. Clean any wound that's present. Apply direct pressure with sterile gauze for 10 minutes to stop any bleeding. Then wash it with soap and water.
2. Apply ice for 1 hour to any swelling. (Big lumps are common.)
3. Observe your child during the first 6 hours following the injury.

Encourage the child to lie down and rest until all symptoms have cleared.

(Be assured that mild headache, mild dizziness and nausea are common.)

Allow your child to sleep if he/she wants to, but keep him/her nearby.

Awaken hourly to check the ability to walk and talk and recognize surroundings.

4. Offer only clear fluids to drink, in case he/she vomits. Regular diet is okay after 4 hours.

5. Avoid pain medicines. If headache remains severe then he/she needs to be examined.

6. Call for any vomiting more than 4 hours after accident or any decreased level of consciousness and/or increased confusion.