

Fall on Head

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!

