

## **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 the key**

Always supervise a young child around stairs and playground equipment.

**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:**

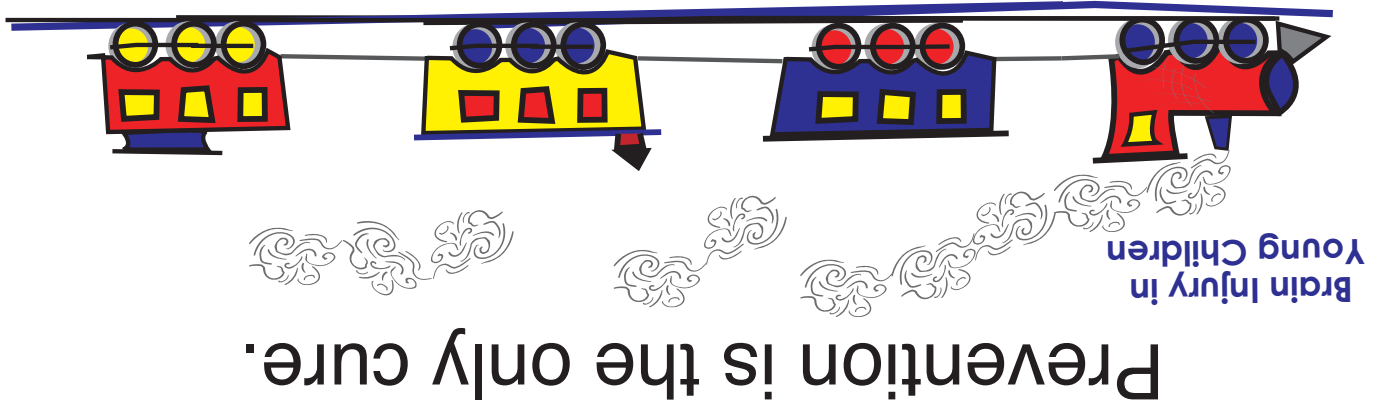
- ⊗ decreased strength or coordination
- ⊗ changes in sucking or swallowing
- ⊗ decreased appetite
- ⊗ decreased smiling, vocalizing or talking
- ⊗ frequent rubbing of the eyes or head
- ⊗ decreased ability to focus the eyes
- ⊗ unequal pupil size
- ⊗ increased sensitivity to light or sound
- ⊗ extreme irritability

Sustaining multiple concussions is particularly dangerous to children. Even when a blow to the head seems minor, a second equally-minor injury can have devastating results.

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.

**Know how to prevent brain injuries. Keep children safe!**

# **Brain injuries last a lifetime.**



**For more information:**

**Nebraska Brain Injury**

[www.braininjury.ne.gov](http://www.braininjury.ne.gov)

**Brain Injury Association of America**

[www.biausa.org](http://www.biausa.org)

**Brain Injury Assn.-NE - BIANE.org**

**Brainline** - [brainline.org](http://brainline.org)

**Centers for Disease Control**

[www.cdc.gov](http://www.cdc.gov)

**Hotline for Disability Services**

1-800-742-7594

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