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.
Prevention is the only cure.

For more information:
Nebraska Brain Injury
www.braininjury.ne.gov
Brain Injury Association of America
www.biausa.org
Brain Injury Assn.-NE - BIANE.org
Brainline - brainline.org
Centers for Disease Control
www.cdc.gov

Hotline for Disability Services
1-800-742-7594

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