



Prevention can be so simple.

**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](http://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

Funded in part by TBI Implementation Partnership Grant #H21MC06758 from the U.S. Department of Health and Human Services (HHS), Health Resources and Services Administration, Maternal and Child Health Bureau. Contents are the responsibility of the authors and do not necessarily represent the official views of HHS. This brochure is in the public domain. Please duplicate and distribute widely. Developed by the NE Brain Injury Task Force for Children and Youth, TBI Implementation Partnership Grant.

## Accidents and falls are the leading causes of traumatic brain injury in children between first and fifth grades.

### Play safely.

Make sure playground equipment is properly designed and maintained.

### Keep sports safe.

Make sure your child wears a helmet when bike riding, skating, or playing active sports.

### Travel safety.

Insist your child uses proper restraints when riding in a motor vehicle.

**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:**

- ✘ coordination problems, clumsiness, or dizziness
- ✘ difficulty with school or loss of previously-mastered academic skills
- ✘ problems with attention, concentration, organization, memory, multi-tasking, or starting or finishing tasks
- ✘ changes in vision or sensitivity to light
- ✘ changes in sleeping habits
- ✘ limited social interactions with friends or a change in personality
- ✘ impulsive behavior or outbursts of anger
- ✘ frequent headaches, nausea, or ringing ears
- ✘ lack of energy or tiring easily
- ✘ sadness, anxiety, or irritability
- ✘ loss of interest in previously-enjoyed activities

Sustaining multiple concussions is particularly dangerous to children. Even 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.