



Concussion in Kids



Concussion is a mild traumatic brain injury (mTBI) that causes changes in the brain and its activity.

55%
of concussions
in kids are
caused by falls

24%
are caused by
being hit in the
head with an object

www.nichd.nih.gov/health/topics/tbi/conditioninfo



A CONCUSSION CAN CAUSE PROBLEMS WITH A CHILD'S:

Speaking,
understanding,
movement,
thinking, memory,
personality, and
mood

HOW TO REDUCE CONCUSSION RISKS IN CHILDREN

- Use a safety seat & seat belt when the child is in a vehicle
- Make sure the child wears a helmet when riding a bicycle, skateboarding, and playing sports like hockey and football
- Install window guards & stair safety gates in your home
- Avoid shaking or jolting a baby

