



# Traumatic Brain Injury: A Parent's Guide



Copyright © 2024 Inspire Allied Health and Education Group PTY LTD.

All rights reserved.

The content of this information, including but not limited to all text, graphics, images, and other materials, is owned by Inspire Allied Health and Education Group PTY LTD and is protected by Australian copyright laws and international treaty provisions. This information is licensed for use, not sold. Unauthorised reproduction or distribution of this program, or any portion of it, may result in severe civil and criminal penalties, and will be prosecuted to the maximum extent possible under the law.

For permissions requests, please contact

Rebecca Garnsey @ [rebecca.garnsey@inspireaheg.com.au](mailto:rebecca.garnsey@inspireaheg.com.au)

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

Camden NSW 2570

Australia

**Disclaimer:**

The information provided by Inspire Allied Health and Education Group PTY LTD has been designed by allied health professionals and is intended for general purposes only and is not tailored to the specific circumstances of any individual. It is not a substitute for professional medical advice, diagnosis, or individual treatment.

Furthermore, Inspire Allied Health and Education Group PTY LTD cannot be held responsible for any misuse, misinterpretation or adverse effects that may arise from the use of this information. While every effort has been made to ensure the accuracy and reliability of the information provided, Inspire Allied Health and Education Group assumes no responsibility for errors or omissions.

By using this information, you agree to release and hold harmless Inspire Allied Health and Education Group PTY LTD and its employees, agents, and representatives from any and all claims, demands, and damages (actual and consequential) of every kind and nature, known and unknown, suspected and unsuspected, disclosed and undisclosed, arising out of or in any way connected with your use of this program.

If you have any questions, please contact Inspire Allied Health and Education Group's CEO at [rebecca.garnsey@inspireaheg.com.au](mailto:rebecca.garnsey@inspireaheg.com.au)

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

Camden NSW 2570

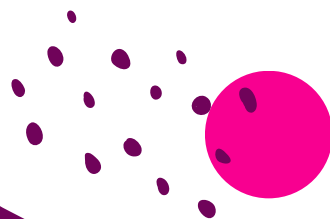
Australia



# What is Traumatic Brain Injury (TBI)?

---

Traumatic Brain Injury (TBI) is a condition that occurs when there is a sudden, external force to the head, causing damage to the brain. TBIs can vary in severity, and they can have a range of effects on a child's physical, cognitive, emotional, and behavioural functioning.





# Different Types of Traumatic Brain Injury:

There are four primary types of Traumatic Brain Injury:

**Concussion:** A mild form of TBI often caused by a blow to the head or a sudden jolt.

**Contusion:** This involves bruising of the brain tissue due to direct impact.

**Penetrating Injury:** When an object penetrates the skull and damages brain tissue.

**Diffuse Axonal Injury:** When the brain rapidly shifts within the skull, causing widespread damage to nerve cells.



# Characteristics of Traumatic Brain Injury:

---

Characteristics vary greatly depending on each individual child.

**Physical:** Headaches, dizziness, fatigue, nausea, and balance problems.

**Cognitive:** Memory issues, difficulty concentrating, slower thinking, and confusion.

**Emotional/Behavioural:** Irritability, mood swings, anxiety, depression, and changes in behaviour.



# How is Traumatic Brain Injury Diagnosed?

A diagnosis is typically made by a healthcare professional, such as a Paediatrician, Neurologist, or Neuropsychologist. Diagnostic methods may include medical history, physical examination, imaging (like MRI or CT scans), and cognitive tests.



# Checklist for Parents: Characteristics of Traumatic Brain Injury

If your child experiences any of the following, you should contact a health professional.

- ✓ Headaches or persistent dizziness.
- ✓ Memory and concentration problems.
- ✓ Changes in mood or behaviour.
- ✓ Balance and coordination difficulties.
- ✓ Loss of consciousness (even briefly).
- ✓ Nausea or vomiting after a head injury.



# If You Suspect Traumatic Brain Injury in Your Child, Take These Steps:

1. Seek immediate medical attention if there is a severe head injury or loss of consciousness.

2. Even with milder symptoms, consult a healthcare professional for evaluation and guidance.





# Next Steps to Support a Child with Traumatic Brain Injury:

1. Follow your healthcare professional's recommendations.

2. Create a supportive and calm environment at home.

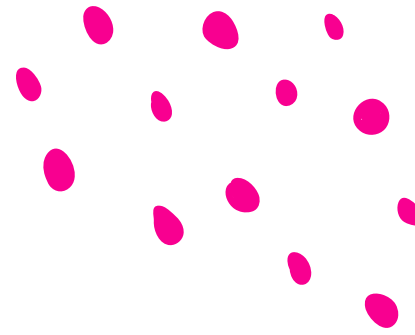
3. Communicate with your child's school to ensure they receive appropriate accommodations.



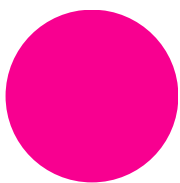
# Strategies to Support Children with Traumatic Brain Injury:

Strategies to support children with Traumatic Brain Injury vary depending on each individual child.

- **Healthy Diet:** Provide a balanced diet.
- **Physiotherapy:** If recommended, engage in physiotherapy exercises.
- **Occupational Therapy:** For fine motor skills and daily living activities.
- **Speech Therapy:** If necessary, for communication difficulties.
- **Medication Management:** Follow medication schedules and monitor side effects.
- **Cognitive Rehabilitation:** Engage in activities to improve memory and concentration.
- **Emotional Support:** Encourage open communication about feelings.
- **Behavioural Support:** Seek guidance on managing challenging behaviours.
- **Safety Measures:** Ensure a safe home environment to prevent accidents.



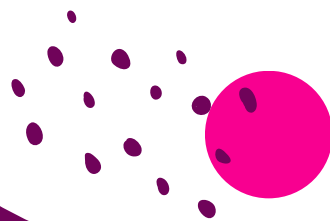
- 
- **Peer Support:** Connect with support groups for both you and your child.
  - **School Support:** Work with educators to create an Individualised Education Plan (IEP).
  - **Technology Tools:** Explore assistive technology for learning and communication.
  - **Socialisation:** Encourage social interactions to improve social skills.
  - **Patience and Understanding:** Be patient with your child's progress.
  - **Regular Follow-ups:** Keep scheduled medical appointments.
  - **Advocacy:** Advocate for your child's needs in educational and healthcare settings.
  - **Self-Care:** Ensure you take care of yourself to better support your child.





---

Remember, each child's TBI experience is unique. Be adaptable and seek professional guidance as needed for the best outcomes in your child's recovery journey. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





# Contact

---

**Phone Number:** (02) 4666 4255 / (02) 4648 0837

**Email:** [hr@inspireaheg.com.au](mailto:hr@inspireaheg.com.au)

**Website:** [www.inspireaheg.com.au](http://www.inspireaheg.com.au)

 [www.inspireaheg.com.au](http://www.inspireaheg.com.au)

 [@inspireahegrp](https://www.instagram.com/inspireahegrp)

 [inspireahegrp](https://www.facebook.com/inspireahegrp)

Interested in our services? Click the link below to register:

[https://macarthurchildrensdevelopmentalclinic.snapforms.com  
.au/form/participant-intake-form](https://macarthurchildrensdevelopmentalclinic.snapforms.com.au/form/participant-intake-form)

