

BUMPS & BRUISES

Overview:

From the moment children learn to walk, right up until their teens, they are on a journey of self-discovery that will result in a few bumps and bruises along the way. It's all part of how we develop. The good news is that most cuts, bruises and grazes kids get are harmless and easily treated. Just because these injuries are easily treated, doesn't mean they are not painful for the child.

Tips:

- If you find yourself in an environment where children feel the need to run around then make sure you're prepared for what happens after the fun and games.
- It's smart to keep a first aid kit in a handy location. Make sure it's always well stocked and updated.
- If the child is in pain, paracetamol may be given as directed for the child's age.



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ALWAYS READ THE LABEL. Use only as directed. For the temporary relief of pain and fever. Incorrect use could be harmful. Consult your healthcare professional if symptoms persist.

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This information is a guide only. If at any time you are worried about your child, see your doctor.

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When to contact a doctor:

- At the first sign of nausea, vomiting or infection or if the child appears to have trouble moving a joint or a limb.

How to help relieve minor bumps and bruises:

- ✓ Minor grazes can be cleansed with an antiseptic and then covered up
- ✓ Most bruises are harmless and can simply be treated with a cold pack and elevation of the limb to reduce swelling



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