

# When Your Child Hits Their Head

Are you unsure about what to do if your child hits their head? Or worried that your child might have a brain injury?

You're not alone. **The Centers for Disease Control and Prevention (CDC) has resources to help you:**



**Understand**  
concussion signs and  
symptoms by age



**Learn** what to do  
right after a hit to  
the head happens



**Get informed** on  
concussion effects  
and what you can do  
to **prevent** them

You've already taken a big step towards keeping your child healthy by seeing a healthcare provider. Explore how CDC's concussion prevention and recovery tools can support your provider's guidance.

**Together, we can give your child the best chance to stay healthy and strong so they can reach their full potential.**

Visit [www.cdc.gov/HEADS-UP](http://www.cdc.gov/HEADS-UP) to learn more.