Recognising a bleed

Check your child for bleeds

- when changing their nappy or dressing them
- at bath time

Check them after a fall or bump

- Always have the doctor review them if they hit their head

What to look for

Check all over, particularly their skin, their arms and legs, around their nappy area

- Big bruises, lumpy bruises
- Swelling over joints or in arms or legs
- A muscle or joint that is tight and shiny, warm, swollen, or painful
- One arm or leg is bigger than the other
- Persistent or ongoing bleeding from the mouth or tongue
- Persistent bleeding or swelling after blood tests, immunisations, cuts or breaks to the skin, or medical procedures that cut the skin

What are they doing?

- Favouring one leg or arm
- Not reaching for things with the nearest hand
- Reluctant to straighten an arm or leg or unable to kick
- Limping
- Moving differently
- Difficulty in rolling, crawling, standing, walking
- Unexplained crying or irritability
- Telling you they hurt or are sore

Bleeds in these areas are particularly serious

Seek medical attention immediately

Head, eye, face, neck, throat

- Not wanting to eat or drink, vomiting
- Headache, irritable, sleepy, unable to wake
- Difficulty swallowing or breathing
- Unsteady, problems with crawling or walking
- Bleeding from ears or nose
- Seizures, fits

Spinal area

- Weak, numb, tingling in arms and legs
- Back pain

Stomach

- Vomiting or coughing up blood or dark syrupy 'coffee grounds'
- Red or brown urine (wee)
- Red or black stools (poo)

This information is for educational purposes only. Always consult your doctor or HTC for assessment and advice about your child's individual situation before taking action or relying on this information.

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