



# Helping bub after an injury

It is normal for bub to feel confused, upset or worried a few days or even weeks after an injury. If you are worried yarn to your GP or health clinic, they can help.

### Ways you can help bub and your family after an injury:



**Give them lots of hugs and cuddles to let them know they are safe.**

#### **Let them yarn about their worries, if they want to:**

- Encourage them to yarn with someone they trust .
- Let them know that being frightened and scared is ok, no shame.
- If they don't want to talk, drawing or writing, may help.



#### **Keep things normal:**

- Sleep - if bub can't sleep: stay with them, yarn with them, special toys or music may help.
- Try to make sure bub eats well.
- Get them back to school as soon as possible.
- Do things they enjoy.



#### **Spend time with family and friends:**

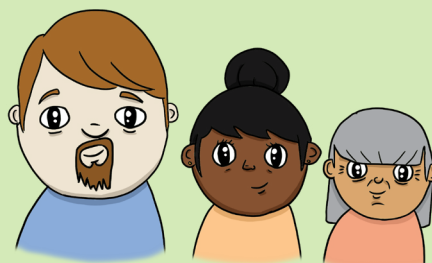
Do things that bub and your family enjoy.



#### **Make sure you take time to look after yourself too.**

If it will be harder to help others, if you are worried or upset. Talk with someone you trust or:

- family
- friends
- church
- GP or health clinic.



#### **Good to know**

- Brothers, sisters and other family members can also feel upset or worried, they too may need to yarn.
- Everyone copes differently when they are upset and have different ways of dealing with feelings.
- With time and care things can get better.



## When should you ask for help?

If you are worried that bub, you or your family are not coping, talk with your GP or health clinic team. They will help you. Signs to look out for:

You don't enjoy day to day things like you did before bub was injured.

Day to day things are getting harder, not better.

Feeling worried, upset or stressed a lot:

- crying a lot
- drinking lots of alcohol
- smoking more
- getting angry easily
- hurting yourself or others.



Government of **Western Australia**  
Child and Adolescent Health Service

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Produced by: Paediatric Medicine Clinical Care Unit /  
Social Work

Ref: 696.1 © CAHS 2021

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