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| **People can get a brain injury from an accident (trauma) or an illness.**  **These are all called Acquired Brain Injury (ABI)**  **10**  **ways**  **kids**  **can**  **acquire**  **a**  **Brain**  **Injury**  Based on Kidsafe Poster:  Child Safety is no accident |  | 1. **Car or Motorbike Accident**  * *Wearing your seatbelt and using the correct child restraint will help keep you safe* * *Motorbike riders need to take extra care to stay safe on the road and wear protective clothing.* |
|  | 1. **Stroke**  * *Bleeding or blockage of blood vessels in the brain can cause a brain injury.* * *Children and adults can have a stroke at any age* |
|  | 1. **Falls**   *Falls are the largest cause of injuries in children.*   * *Windows should not open more than 10cm* * *Use safety gates on stairs* * *Helmets on when riding your bike, quad bike or horse* * *Take care at the playground* |
|  | 1. **Bicycle Accident**  * Always wear your helmet. * Learn the road rules. * Use bike paths when available |
|  | 1. **Drowning**  * *Supervise bath time* * *Make sure pools are securely fenced* * *Always supervise children around water* |
|  | 1. **Infection in the brain**  * *Brain infections (eg Encephalitis or Meningitis) can cause children to become very unwell* * *Recovery is different for everyone and depends on the cause of the infection and the age of the child* |
|  | 1. **Pedestrian Accidents**  * *Hold an adults hand to cross the road* * *Use the lights or crossing when available* |
|  | 1. **Sport**  * *Concussion is a mild brain injury. Stop playing if you have symptoms* * *See your GP if you have symptoms like confusion, vomiting or dizziness after a hit to the head* |
|  | 1. **Epilepsy**  * *Epilepsy is caused by disturbances in the electrical and chemical activity of the brain* * *Seizures can cause brain injury in some people – this depends on what type of seizures* |
|  | 1. **Skateboards, Scooters & Inline Skating Accidents**  * *Always wear protective clothing and a helmet* * *Use this equipment in safe areas away from traffic* |