

# Let's Talk About...

## Brain injury: Changes in your child

Brain injury's can affect personality and many different parts of the body. Children and teens who have a moderate to severe brain injury may have physical and emotional problems. They may also have trouble thinking and focusing. These changes may last days, weeks, or months.

### What physical changes can a brain injury cause?

- Headaches
- Sensitivity to light and noise
- Higher risk for seizures
- Sensory problems
- Difficulty with balance and coordination
- Hearing or vision changes or problems
- Changes in muscle tone
- Trouble controlling heart rate and blood pressure
- Difficulty swallowing and chewing
- Difficulty talking and communicating
- Loss of bowel and bladder control
- Tiring easily
- Hormone changes

### What mental changes can a brain injury cause?

- Decreased attention and alertness
- Orientation problems (not knowing where or who they are)
- Cognitive or mental fatigue (less able to concentrate and focus on an activity)
- Memory problems (usually problems with new memories)
- Difficulty learning something new

- Less ability to reason and make safe decisions and judgments
- Lack of social awareness (problems understanding how their actions affect others)
- Problems with executive functioning, including:
  - Problem-solving
  - Planning and organization
  - Working memory
  - Self-regulation
  - Self-monitoring
  - Emotional control

### What behavioral changes can a brain injury cause?

- Impulsiveness
- Perseveration (per-sev-er-AY-shun) (getting stuck on an idea, word, or request)
- Agitation
- Easy to frustrate
- Irritable
- Self-centered
- Aggression or violent behavior





## What emotional changes can a brain injury cause?

- Exaggerated personality
- Flat affect (very little emotional expression)
- Emotional lability (mood swings)
- Laughing or crying at the wrong times
- Depression
- Anxiety

## Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助