

## I am worried about the assessment

We understand that the assessment may be upsetting and that you may feel anxious or worried. We will keep you informed of what is happening and will treat you with respect and sensitivity.

If at any time you do not understand any part of the process then please ask the professionals involved who can then provide you with more information.

For further information and support, visit:

### Citizens Advice

[www.citizensadvice.org.uk/Scotland](http://www.citizensadvice.org.uk/Scotland)

### Children 1<sup>st</sup> Parentline

Tel: 08000 28 22 33

[www.children1st.org.uk/help-for-families/parentline-scotland/](http://www.children1st.org.uk/help-for-families/parentline-scotland/)



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[www.ermcncp.scot.nhs.uk](http://www.ermcncp.scot.nhs.uk)



# Bruising in Young Babies



# Information for Parents and Carers

**A bruise or mark has been noticed on your baby.**

**When this happens, there is a process that everyone working with children must follow.**

**Here in the East Region of Scotland, this is called the Bruising Guidance for Non Mobile Infants.**

**Other areas of Scotland have similar guidance.**

### **Is bruising common in babies?**

No. Bruising in babies is unusual. It is very unusual for a non mobile baby to get a bruise during everyday activities such as nappy changes, bathing or feeding.

Bruising can be related to a health condition which has not been previously identified. However, sometimes bruising in babies is due to a deliberate injury. For both of these reasons, it is important that a baby with a bruise or mark is fully assessed.

Accidents do occur. You may feel that you are able to explain the reason for your baby having a bruise or mark. However, your baby will still need to be carefully assessed. An opinion from a Consultant Paediatrician (specialist children's doctor) is required to be able to tell the difference between bruises and other types of marks.

### **What happens now?**

Everyone working with children must follow the bruising guidance when they find a bruise, or a mark which appears to be a bruise, in a baby.

Sometimes, even when babies are moving around by themselves, there can be concern about how a mark or bruise occurred.

**1: A referral is made to the paediatricians at the local hospital for an assessment. This is usually done the same day.**

The paediatrician will ask you all about your baby. This will include when the bruise was first noticed and whether you know how the bruise or mark may have happened. The paediatrician will fully examine your baby and then discuss the outcome of their assessment with you. They may recommend that further investigations are required e.g. blood tests to ensure there are no underlying medical causes.

If no obvious medical cause is found, further investigations may be required such as X-Rays; these tests can take time and may involve staying in hospital for a few days. When X-Rays are required they need to be repeated after 2 weeks.

**2: Part of the assessment involves gathering information from other agencies.**

Where there is no clear medical reason for the marks seen on your baby, the paediatricians will speak to our partner agencies: Health Visiting / Family Nursing, Social Work and Police. Together they will jointly decide whether further action is needed.

