

Parent Info Sheet – Recurrent Nosebleeds in Children

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For Parents & Carers

✓ Reassurance

Nosebleeds are **very common in young children** and are **usually not serious**. Most stop on their own and can be prevented with simple care.

☁ Why Do Children Get Nosebleeds?

Children's noses contain **very tiny blood vessels** close to the surface. These can break easily because of:

- **Dry air** (heating / air conditioning)
 - **Nose picking** (*most common cause*)
 - **Colds & allergies** (sneezing, rubbing)
 - **Minor bumps or falls**
 - **Some nasal sprays or medicines**
 - **Rare medical causes** such as low iron or clotting conditions
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🌿 How Parents Can Help Prevent Nosebleeds

- ✓ Use a **humidifier** in your child's bedroom
 - ✓ Apply a **small amount of petroleum jelly** just inside the nostrils
 - ✓ Keep **fingernails short**
 - ✓ Encourage **no nose picking**
 - ✓ Teach **gentle nose blowing**
 - ✓ Treat **allergies** as advised by your GP
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What to Do If a Nosebleed Happens

- 1 Sit your child **upright** and lean them **slightly forward**
- 2 Pinch the **soft part of the nose** firmly for **10–15 minutes**
- 3 Encourage **slow breathing through the mouth**
- 4 Apply a **cold compress** if available
- 5 Stay calm and reassuring

- ✗ Do **NOT** tilt the head back
 - ✗ Do **NOT** place tissue deep inside the nose
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When to Seek Medical Advice

Please contact your GP or urgent care if:

- Nosebleeds happen **very frequently**
 - Bleeding lasts **longer than 20 minutes**
 - Bleeding is **very heavy**
 - Your child **bruises easily**
 - Your child looks **pale, tired, or unwell**
 - There is a **family history of bleeding disorders**
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Nursery Support

If your child is prone to nosebleeds, please inform staff so we can:

- Support your child calmly
- Follow correct first aid procedures
- Keep you informed

This isn't about finger pointing at anyone but working together.

With regards,

Reena

Nursery Manager