

Head Banging

Information for parents, carers and schools

Why Does Head Banging Happen?

Sometimes kids bang their heads because:

- **They might feel pain:** Maybe their ear or tooth hurts.
- **They can't tell you what's wrong:** They might feel upset or frustrated.
- **They want attention:** They might be trying to get you to notice them
- **They may be seeking some sensory input:** Are they needing more information from their body

How to Help

If They're in Pain:

- Check if they have a sore ear or tooth and see a doctor if needed.

If They're Upset:

- Help them say how they feel. Use pictures or simple words to help them tell you.

If They're Seeking Comfort:

- Head banging might feel nice to them because it's calming. Try these instead:
 - Sit in a **rocking chair** or swing.
 - Play **marching games** or pretend to drum on a cushion.
 - Listen to soft ticking sounds, like a clock.

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Tactile (Touch) Ideas:

- Gently rub their head or give a little massage.
- Let them wear a soft hat or headband that feels snug.
- Use something that vibrates, like a cushion or a toy, to help them feel calm.

Stay Safe:

- Put soft cushions where they usually bang their head.
- Give them a special pillow to use if they feel like banging.

Calming and Regulating activities:

- Include lots of movement and deep pressure activities in the child's day. Have a look at our videos or other advice sheets for ideas on these.

Scan the QR code to watch our video support for children and young people with sensory processing differences



Information provided by Children's Therapy Services from