

Bruising

Bruising is the most common injury to a child who has been physically abused.

Mobile children often sustain bruises from everyday activities. Bruises usually happen when children fall or bump into objects in their way.

Bruises are more common during the summer months

If you have any concerns, you MUST speak to your Manager or Child Protection Lead Officer and follow the Setting Safeguarding/Whistle Blowing Procedure.



- Bruising in babies and children who are not independently mobile
- Bruises that carry an imprint of a hand, object or cord
- Bruising to soft parts of the body, particularly the abdomen, back or buttocks
- Bruising to the head, neck or ears
- Bruising sustained while defending themselves, often evident on forearm, upper arm, back of legs, hands or feet
- Bruises with dots of blood under the skin (petechiae)
- Multiple bruises in clusters or uniform shape
- Severe bruising to the scalp and swelling around the eyes could be caused by severe hair pulling



Further reading:

- What to do if you're worried a child is being abused ([Child abuse concerns - guide for practitioners](#))
- www.gov.uk/government/publications/working-together-to-safeguard-children--2
- SSCP: Southampton Safeguarding Children Partnership www.nspcc.org.uk
- Bruising Protocol: [Microsoft Word - HIPS LSCP Infant Bruising and Injury Protocol updated Feb 2023](#)
- [Safeguarding and welfare \(southampton.gov.uk\)](http://Safeguarding and welfare (southampton.gov.uk))