

Caring for Your Child After a Concussion

After a mild brain injury (concussion), your child may need a brief period of physical and cognitive rest (brain rest) to help manage symptoms. Every concussion is different. For some children, symptoms resolve within a day; for others, symptoms last longer.



- In the first days after the injury, your child may need more sleep than usual. Help your child get plenty of restful sleep, and encourage naps, if tired. Avoid late nights and sleepovers.
- Return to daily functional activities (getting out of bed, dressing, grooming, eating with family) as soon as your child is able to tolerate those activities.
- Your child can participate in light cognitive activities (watching television, reading, texting, video games, computer activities) around the home, as long as those activities do not cause an increase in symptoms, such as headaches or dizziness. Start gradually (10-20 minutes of light activity). If your child is able to tolerate that level of activity, slowly increase the time spent in those activities, as tolerated without an increase in symptoms.



- **Your child should not resume any physical or recreational activities (e.g., recess, physical education, sports practice) until your healthcare provider gives clearance.**

Once your child is able to tolerate light activity within the home for most of the day, he or she should return to school. **If tolerance to light activity takes longer than one week, you should contact your child's healthcare provider.**

Before returning to school, inform your child's teachers, school nurse, school psychologist or counselor, and administrators about your child's injury and symptoms. **Identify a point person in the school who can communicate with you closely over the transition period when your child is returning to school.**

- If needed, start with partial days. As your child feels better, work up to a full day of school.
- Other accommodations that may be needed upon return to school include:
 - Periodic, planned rest breaks to manage symptoms
 - Decreased workloads
 - Reduced test demands
 - Extra time
- As your child feels better, extra support at school can be slowly removed.

Once your child is tolerating a full school day, you should discuss a plan for increasing physical activity with your child's healthcare provider.

