

## PARENT RECOMMENDATIONS

Your child has suffered a concussion. A concussion is a brain injury.

**Don't be alarmed if your child has symptoms from this concussion for up to 3 weeks.**

Concussion symptoms tend to slowly and steadily get better over 3 weeks, but some take longer.

Please make sure, however, that your child is feeling less and less symptomatic each day.

**What to Do?** See the Symptom Wheel on the back page.

<b>Try to get on a regular sleep schedule.</b>	Go to sleep at the same time every night and wake up at the same time every morning, even on weekends. Try to stop sleeping at other times. Limit afternoon naps.
<b>Relax before bedtime.</b>	Take a warm bath or shower before bedtime. Try some deep breathing exercises or gentle stretches at bedtime.
<b>Make your room and bed as comfortable as possible.</b>	Block light from inside or outside your room. Make sure there is no blue light from alarm clocks or other electronics.
<b>Try to give yourself some time (up to an hour before bed) in low light before you go to sleep at night.</b>	Don't watch TV or use lit electronics for an hour before you go to bed or when you go to bed. Looking at things with light will tell your brain it's time to be awake.
<b>"White noise" makers may help with sleep especially to block other noise.</b>	Leave your phone outside of your room when you sleep.
Liquids: Stay well hydrated with water. Limit your caffeine intake.	Food: Eat healthy meals and avoid refined or processed foods.

**Be a partner in your child's recovery:**

- ✓ Communicate frequently with your child's school so that adjustments can be made at school.
- ✓ Continue to follow-up with your child's healthcare professional.
- ✓ Do not return your child to PHYSICAL activity (recreational, club or school-sponsored sports) until cleared by the healthcare professional.

**PHYSICAL:**

LIMIT physical exertion including activities at home such as mowing the lawn, taking out the garbage, doing chores, shooting hoops with friends or going out with friends.

LIMIT loud activities (such as dances, football and basketball games, movies, restaurants, birthday parties etc.) especially at first.

REMOVE all physical activities such as recreational, club and organized sports.

RESTRICT the amount of rough-housing and play between peers/siblings at home.

Allow child to keep lights low and shades drawn if bothered by light and/or wear sunglasses.

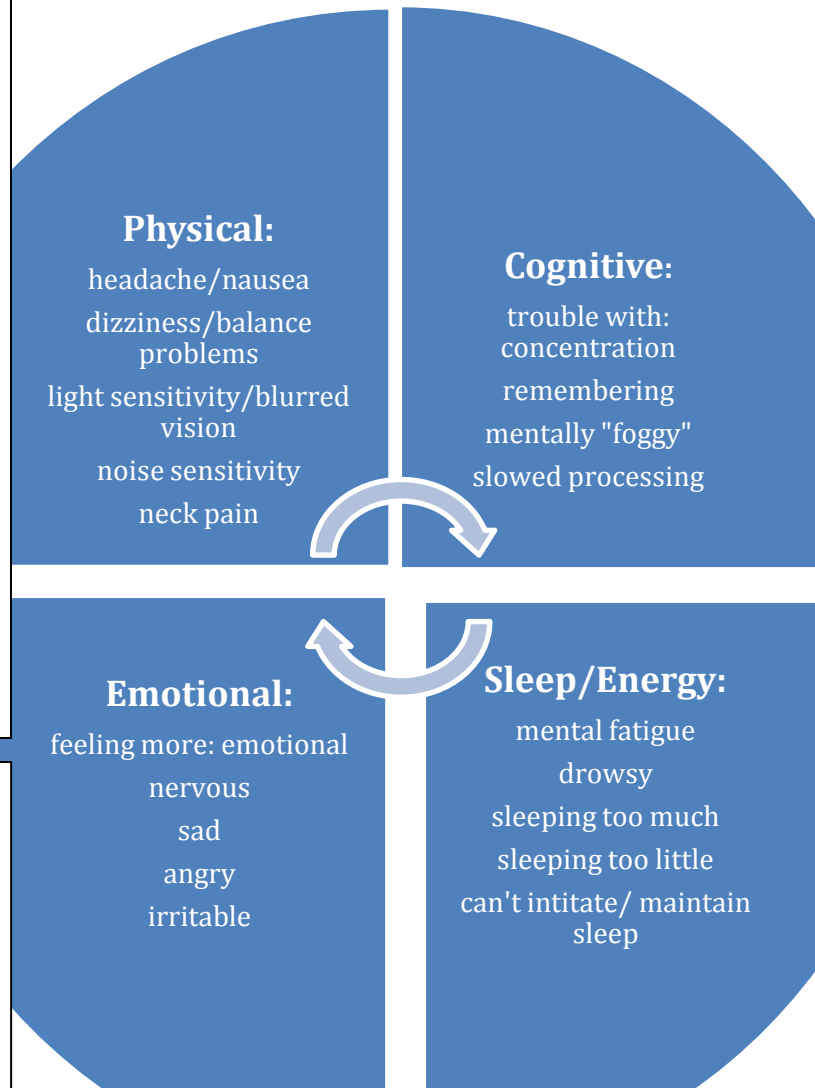
Keep noise level in home low and/or allow child to wear noise cancelling headsets or earplugs.

**EMOTIONAL:**

Make sure child is feeling connected with peers, athletic team, or both. Child may "hang out" with team (e.g. travel w/team, be on sidelines) as long as they don't need the time to be at home resting and only when he/she is able to be at school successfully.

Don't punish child for emotional outbursts. Understand that being more emotional or irritable is part of having a head injury.

Develop a plan with your child if they are feeling emotional. Work with school on a similar and appropriate plan at school.



**Rule of thumb:** If symptoms intensify, there has probably been TOO MUCH use of technology, social media or home activity! Cut back the technology/social media and home activity and INCREASE the rest.

**COGNITIVE:**

LIMIT activities including computer time, texting, television/movie watching, video game playing, reading, homework, socializing, extracurricular activities and working.

RESTRICT your child's driving until cognitive symptoms resolve and seem back to baseline.

Encourage and support child to follow the cognitive reduction plan developed by the school.

Determine if child is feeling stressed about school. Continue to work with school on adjusting the expectations and requirements at school throughout recovery.

Give only one task at a time for child to complete and allow additional time for child to respond to questions.

Write things down for child to remember.

**SLEEP/ENERGY:**

Get regular and sustained sleep. For the first few days after the injury, extra sleep is OK.

After the first days, start getting back to a regular sleep schedule. Allow napping but try to limit napping to no more than 20 minutes per day. Eventually eliminate naps.

Do not allow napping too late in the afternoon.

Don't allow child to text, read, talk on cell phone, watch movies, videos/computer or eat in bed. Educate about healthy sleep hygiene.