

Child's Name: _____

Physician: _____

Date of Appointment: _____

My child was seen by our physician for a head injury or concussion. These are things we need you to know and help with as we work through recovery:



Most kids (up to 80%) will have symptoms resolve within 4 weeks with proper interventions!

Front load academic interventions during initial recovery, while symptoms are greatest; create an "Academic Team" and keep clear, open communication.

An "Academic Team" should be composed of the student, teachers, counselors, parents, etc.

* Check-in on recovery and academic status WEEKLY and adjust as needed and tolerated *

- Remove non-essential work
- Reduce amounts of work
- No testing
- Provide printed notes
- Limit screens and reading
- Allow for breaks in a quiet spot, then in class
- Limit time in loud, busy class/lunch rooms
- No sports/PE class

Initially After Injury

Possible Symptoms:

- Headaches
- Dizziness
- Sensitivity to light and noise
- Moodiness
- Difficulty concentrating and remember new info
- Feeling slowed or foggy
- Needing more time to process
- Fatigue
- Difficulties with sleep impacting daytime alertness

- Gradually introduce course work
- Continue to remove non-essential work
- Consider reducing requirements such as only requiring odd number/half work
- Extend due dates
- DO NOT allow work to continue to pile up, make a plan everyone understands
- Prioritize comprehension over work output
- Begin weaning breaks
- No sports/PE class

Improving but still not 100%

Possible Symptoms:

- Continued headaches
- Sensitivity to lights and noise
- Screen sensitivity
- Anxiety/Depression
- Continued problems with concentration

- Slowly adjust academic expectations back to normal
- Ensure everyone understands and can manage the timeline for outstanding work
- Prioritize what make-up work is reasonable
- Rest breaks should be faded out
- Monitor resolution of symptoms
- No sports/PE class

Almost Better

Possible Symptoms:

- Headaches decreasing in frequency/severity
- Feeling anxious about catching up academically
- Difficulties missing out on activities
- Fatigue and deconditioning

Any student not improving or not able to steadily increase academic demands should return to their physician or a concussion specialist