





PARENT RECOMMENDATIONS FOR CONCUSSION

Concussion symptoms tend to slowly and steadily get better over weeks. Don't be alarmed if your child has symptoms from this concussion for up to 4 weeks, however, please make sure that you are seeing him/her feel less and less symptomatic over time. Use these recommendations to support your child. If your child is exhibiting significant symptoms, consider increasing the number of recommendations and reducing them as symptoms resolve.

<ul style="list-style-type: none"> ✓ Get regular and sustained sleep. ✓ Allow napping but try and limit napping to later in the afternoon ✓ Reduce napping if nighttime sleep is disrupted ✓ Stay hydrated with water ✓ Limit cognitive exertion with increased symptoms (computer time, texting, television/movie watching, video game playing, reading, homework, socializing, extracurricular activities and working). 	<ul style="list-style-type: none"> ✓ Don't allow student to drive for first week and/or until symptoms are significantly reduced ✓ Limit physical exertion. This includes things at home such as mowing the lawn, taking out the garbage, doing chores, shooting hoops with friends, walking around or going out with friends. ✓ Monitor LOUD activities for increased symptoms. Limit LOUD activities (dances, football and basketball games, movies, etc.) if your child becomes more symptomatic.
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Our overall goal is to get kids back to their life

 PHYSICAL	 THINKING	 EMOTIONAL	 SLEEP/ENERGY
Planned breaks in a quiet relaxing place with soft lighting.	Ask one question at a time. Avoid strings of questions and allow additional time for child to respond.	Understand that being more emotional or irritable is part of having a head injury. Don't punish child for emotional outbursts.	Ask your child about problems with falling or staying asleep and about overall nightly and daily sleep quantity and quality. Ask child if he/she feels rested with sleep routine.
Allow small time frames of cognitive exertion including any screen time, reading, homework, etc. followed by planned breaks to manage symptoms.	Give only one task at a time for child to complete.	Educate your child about how having a head injury can sometimes increase irritability/emotional feelings.	If your child has problems falling asleep, consider if this is normal. If this problem continues for longer than a week, review time of day and length of napping.

Allow child to keep lights low and shades drawn and/or wear sunglasses if bothered by light	Write things down for child to remember.	Develop a plan with your child if they are feeling emotional. work with school on a similar plan if needed.	Make napping adjustments by either encouraging no napping or taking last nap earlier in the day. Consider also adjusting bedtime to later in night.
Keep noise level in home low and/or allow child to wear noise cancelling headsets.	Encourage and support your child to take time away from school/work if needed.	Make sure your child is feeling connected with peers, athletic teams. clubs, etc.	If problems persist with falling asleep , consider consulting with primary care physician.
Consult with physician for pain management plan.	Allow child to do less at home than normal, this will change over time.	Determine if your child is feeling stressed about school. Continue to work with school on adjusting expectations during recovery.	If problems with staying asleep , again review napping schedule, bedtime schedule and consider adjusting. Refer to physician if sleep problems persist.
Other:	Other:	Other:	Don't allow child to text, read, talk on cell phone, watch movies, videos/computer or eat in bed. Educate about healthy sleep hygiene if problems persist.
Other:	Other:	Other:	Other:

Rule of thumb: If symptoms, such as dizziness, headaches, nausea, light or noise sensitivity, fatigue, irritability, sadness, balance or visual problems intensify, there has probably been TOO MUCH COGNITIVE or PHYSICAL ACTIVITY! Slow down the activity and increase the rest. Please CHECK IN frequently with your child; ask how he/she is feeling, be alert for signs of fatigue and adjust home expectations accordingly. You may lift home restrictions as tolerated.

Communicate frequently with your child's school so that adjustments (up and down) can be made at school. Continue to follow-up with your child's Healthcare Professional until your child is cleared to return fully to activity/sport.



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