



You have the Power!

Eat well. Move more. Keep score.

THE FAMILY TEAM

Help child understand he/she must be an “honest partner” in the rating of symptoms.

WEEK ONE

- Impose rest
- Assess symptoms daily – especially monitor sleep/energy and emotional symptoms.

WEEK TWO

- Continue to assess symptoms (at least three times per week or more as needed), monitor if symptoms are improving.
- Continue to assess symptoms and increase or decrease stimulation at home accordingly.

WEEK THREE

- Continue with all assessments (at least two times per week or more as needed).
- Continue to assess symptoms and increase/decrease stimulation at home accordingly.

A message to parents about concussions

To maximize recovery from concussion, double up on the Rs: REDUCE and REST! Insist that your child rest, especially for the first few days following the concussion and through the three-week recovery period.

Some symptoms of concussion can be so severe on the first day to two that your child may need to stay home from school. When your child returns to school, request that he/she be allowed to “sit out” of sports, recess and physical education classes immediately after the concussion.

Work with your Primary Care Practitioner to determine when your child is ready to return to physical activity, recess and/or PE classes.

Don’t let your child convince you he/she will rest “later” (after the prom, after finals, etc.). Rest must happen immediately! The school team will help your child reduce their academic load. However, it is your job to help reduce sensory load at home. Advise your child/teen to:

- Avoid loud group functions (games, dances)
- Limit video games, text messaging, social media, and computer screen time
- Limit reading and homework

A concussion will almost universally slow reaction time; therefore, driving should not be allowed pending medical clearance.

Plenty of sleep and quiet, restful activities after the concussion maximizes your child’s chances for a great recovery!

The Brain Injury Alliance of Iowa provides Neuro-Resource Facilitation, a free and confidential service offered to individuals with brain injury and their families. This program offers support in coping with the issues of living with brain injury and transition back to school and the community.

Additional supplemental information about concussion and other brain injuries can be found at www.biaia.org/ICC.



You have a Partner!

Ringgold County Hospital. Your partner in health.

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Adjust/Accommodate for parents

After your child has received the diagnosis of concussion by a healthcare professional, their symptoms will determine when they should return to school. As the parent, you will likely be the one to decide when your child goes back to school because you are the one who sees your child every morning before school. Use the chart below to help decide when it is right to send your child back to school:

THE FAMILY TEAM

- **REMOVE** student/athlete from all physical activity immediately including play at home (i.e. playground, bikes, skateboards), recreational, and/or club sports.
- **REDUCE** home/social stimulation including texting, social media, video games, TV, driving and going to loud places (the mall, dances, games.)
- Encourage **REST**.

STAY HOME – BED REST

If your child's symptoms are so severe that he/she cannot concentrate for even 10 minutes, he/she should be kept home on total bed rest – no texting, no driving, no reading, no video games, no homework, limited TV. It is unusual for this state to last beyond a few days. Consult a physician if this state lasts more than two days. *Maximum Rest = Maximum Recovery*

STAY HOME – LIGHT ACTIVITY

If your child's symptoms are improving but he/she can still only concentrate for up to 20 minutes, he/she should be kept home – but may not need total bed rest. Your child can start light mental activity (e.g. sitting up, watching TV, light reading), as long as symptoms do not worsen. If they do, cut back the activity and build in more rest. *NO physical activity allowed!*

TRANSITION BACK TO SCHOOL

When your child is beginning to tolerate 30 to 45 minutes of light mental activity, you can consider returning them to school. As they return to school:

- Parents should communicate with the school (school nurse, teacher, school mental health and/or counselor) when bringing the student into school for the first time after the concussion.
- Parents and the school should decide together the level of academic adjustment needed at school depending upon:
 - The severity of symptoms present
 - The type of symptoms present
 - The times of day when the student feels better or worse

When returning to school, the child **MUST** sit out of physical activity – gym/PE classes, highly physically active classes (dance, weight training, athletic training) and physically active recess until medically cleared.

Consider removing child from band or music if symptoms are provoked by sound.