

WHEN YOUR CHILD HAS A CONCUSSION: INFORMATION FOR PARENTS

Your child has sustained a head injury/concussion. It is important that you do the following:

- Have your child evaluated by a healthcare provider trained in concussions. (If you don't have insurance, don't qualify for the state insurance plan, or are underinsured with high deductibles, check to see if your community has a public health agency, federally qualified medical home, or school health center. Contact the CMT Coordinator to help you identify medical professionals who can see students unable to pay.)
- Read the **Heads Up! Fact Sheet** to learn more about the injury and what you need to watch for in your child.
- Help protect your child's brain. It needs complete cognitive rest to heal from a concussion. That means limiting television, computer screens, video games, text messaging, reading, loud music/noises, and homework while recovering.
- Make sure you and your healthcare provider sign the **Permission for Release of Information** form. Return this form to your child's school.
- Monitor your child's symptoms at home and report any new or worsening symptoms to your healthcare provider and your school's Concussion Management Team.
- If your child is diagnosed with concussion, use the **Return Plan from Healthcare Provider** to help the Concussion Management Team at your child's school develop a Gradual Return to Activity Plan.
- Some students return to school immediately, and some need 2–3 days of complete rest before returning to school.*

The Concussion Management Team and the medical provider will work together to develop a Gradual Return to Activity Plan

SIGNS (OBSERVED BY OTHERS):	SYMPTOMS (REPORTED BY ATHLETE):
<p><u>Physical</u> Moves clumsily (altered coordination) Exhibits balance problems Loses consciousness (even briefly)</p> <p><u>Cognitive</u> Appears dazed or stunned Seems confused Forgets plays or instructions Is unsure about game, score, opponent Responds slowly to questions Forgets events prior to hit or fall Forgets events after the hit or fall</p> <p><u>Emotional</u> Shows changes in mood, behavior, or personality</p>	<p><u>Physical</u> Headache or pressure in head Nausea or vomiting Double vision, blurry vision Sensitivity to light or noise Feeling sluggish, fatigued, or groggy Balance problems or dizziness Numbness or tingling</p> <p><u>Cognitive</u> Problems concentrating Problems remembering Foggy or hazy feeling</p> <p><u>Emotional</u> Just not feeling right or feeling down</p> <p><u>Sleep problems</u> Difficulty falling or staying asleep Sleeping less than usual</p>

SUGGESTED PARENT RECOMMENDATIONS

Your child has suffered a concussion. Concussion symptoms tend to slowly and steadily get better over 3–4 weeks, but some take longer. Don't be alarmed that 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 each day. Please support your child in following these recommendations. The more intense the symptoms, the more limited the student should be:

<ul style="list-style-type: none">✓ Get regular and sustained sleep.✓ Allow napping, but try to limit napping late in the afternoon.✓ Reduce napping if nighttime sleep is disrupted.✓ Stay hydrated with water.✓ Limit cognitive exertion activities. These may include 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 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.✓ Avoid attending LOUD activities (such as dances, sporting events, and movies). Quiet walking may be ok if it does not make the symptoms get worse.
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General rule: If symptoms such as dizziness, headaches, nausea, light or noise sensitivity, fatigue, irritability, sadness, or 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.