



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
- Limit time in loud, busy class/lunchrooms

Initially After Injury

- Gradually introduce coursework
- 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, create a plan everyone understands
- Prioritize comprehension over work output

Improving but still not 100%

- Begin weaning breaks
  - No sports/PE class
- POSSIBLE SYMPTOMS**
- Continued headaches
  - Sensitivity to light 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**
- Headache
  - Dizziness
  - Sensitivity to light and noise
  - Moodiness
  - Difficulty concentrating and remembering new information
  - Feeling slowed or foggy
  - Needing more time to process
  - Fatigue
  - Difficulties with sleep impacting daytime alertness

- 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