

Helping a child recover from a concussion requires support and understanding from everyone in the child’s life

TEAM	STAGE 1 (Still symptomatic)	STAGE 2 (Symptoms no longer present at rest)	STAGE 3 (Symptom free)	STAGE 4 (Resume your normal activities)
Child/Student	Limit screen time (TV, texting, computers...). No physical activity. Rest (this means lying in bed with minimum light and no noise). Limit cognitive activity.	Slowly return to school. No note taking. Limit screen time (TV, texting, computers...). Avoid school bus and crowded hallways. Have lunch in a quiet area if needed. Don't carry heavy books or heavy backpacks. No physical activity.	Return to school full time. Complete as much homework as possible. Use shorter blocks as opposed to trying to do it all at once. Limit yourself to one test per day. Take rest periods if needed. Communicate with teachers if you are having difficulty with class work or if symptoms reappear. Light physical activity recommended. See "return to play" protocol for details.	Return to school full time. Resume normal activities. Continue to follow "Return to Play" protocol. If symptoms, emerge, alert parents.
Family	Limit child's use of electronics and screen time. Contact school to inform them of concussion. Contact a medical doctor to schedule an assessment.	Communicate with school staff about child's status. Limit extracurricular activities. Ensure child is getting enough rest. On weekends, allow child 1 – 2 hours of screen time. Continue to monitor child for symptoms. Refer to _____ for list of possible symptoms.	Monitor and document any symptoms (physical, emotional, cognitive). Communicate with school staff about child's status. Help your child with time management strategies for homework completion.	Continue to observe, monitor and support child. Work with school on making up missed assignments and tests. Explore tutoring if necessary. Support "Return to Play" once child is medically cleared.
Educators	Child will not be at school.	Sort work into three categories: Not required to be completed, Student is responsible for assignment but may work with a partner, Must be completed by student. No tests or homework. Allow for rest breaks if necessary.	Begin to assign homework progressively. Help student prioritize school work. Allow for extra time to complete tests. Decrease work load if symptoms reappear. Accommodate if student needs to leave class before crowds. Limit student to one test per day.	Recognize that student may do better in the morning. Modify tests schedule accordingly. Recognize that student may perform better in certain academic subjects depending on the location of injury. Suggest tutoring if necessary. Communicate any concerns with parents.
NEUROCIRCUIT	Schedule appointment with NEUROCIRCUIT for a cognitive, vestibular and vision assessment.	Begin neurocognitive and vestibular treatment. Work closely with parents on "Return to Learn" and "Return to Play" strategies.	Reassess and continue neurocognitive and vestibular treatment. Begin to implement "return to play" physical activity protocols after medical clearance.	

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