

BACK TO SCHOOL

Concussion symptoms can make return to school seem hard. Below are suggested accommodations to support your student as they get back to school.

HEADACHE

Drink water + eat a salty snack + take a brain break*

FATIGUE

Keep a regular sleep schedule (8-10 hours/night) and avoid naps longer than 45 min

TROUBLE CONCENTRATING

Use extra time on assignments and tests. Request testing in a quiet, reduced-distraction room

FEELING OVERWHELMED

Work with assigned point person to create a realistic schedule for make-up work. Request non-essential work to be excused

LIGHT/NOISE SENSITIVITY

Wear sunglasses, headphones &/or earplugs, dim screens. Eat lunch in a quiet space with friends

SCREEN FATIGUE

Ask for paper copies of school materials. Request outlines of class lectures in advance

EMOTIONAL/ IRRITABLE

Check in with guidance counselor or other trusted person for support with coping

*Many concussion symptoms improve with brain breaks, which look different for everyone and change throughout recovery. Some people just need to put their head down on their desk or close their eyes for a few moments. Others need to step out of class and find a quiet space to sit. The need for brain breaks typically decreases throughout recovery.