

Supporting your Child after a concussion

Find a balance



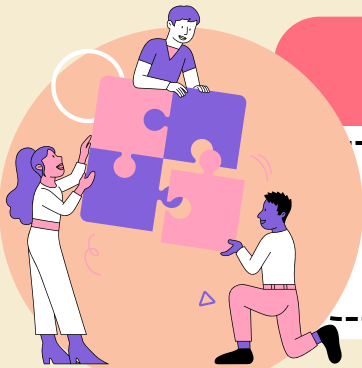
- Being active is important for recovery. After a brief rest, have your child ease back into activities (e.g. school)
- Ask your child's healthcare provider for written instructions about when your child can safely return to physical activity (recess, physical education, sports)

Be patient

- Concussion symptoms, missing school, and sitting out of sports can cause mood changes
- Deep breathing and meditation can help people relax and improve their mood
- Have your child take part in safe, fun activities to boost their mood



Support



- Remind yourself and your child:
 - Concussions are temporary injuries that are expected to get better
 - Recovery looks different for everyone

Communicate

- Concussion symptoms are often "invisible," meaning your child may look fine but feel unwell
- Check in with your child throughout recovery to make sure the plan is working
- Add/remove accommodations as needed to get your child back to their normal routine

