

# Helping you help them

## Strategies for supporting your child after a concussion

### Back to School



- Work with the school to assign a "point person" who will manage your child's transition back to school. Make sure your child knows who they are
- Keep the school up-to-date with any documentation from healthcare providers
- Encourage your child to use accommodations as recommended
- Make sure your child speaks with the point person to let them know if they need more support in school
- Allow time for brief breaks during homework/work time
- Help your child use a calendar or reminders app to keep track of due dates

### Manage Symptoms



- Make sure your child hydrates - give them a water bottle to take to school
- Encourage your child to eat 3 balanced meals/day
- Pack healthy, salty snacks for your child to take to school in the event they get a headache
- Limit use of over-the-counter pain medication to 3 times/week maximum, unless told otherwise by a doctor. If pain is too high, contact a doctor
  - If bothered by light or noise, suggest sunglasses, hats, ear plugs, or headphones in loud or bright places
- Engage your child in safe, fun activities like playing a game or talking to take their mind off symptoms

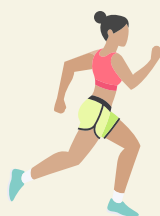


### Relaxation & Mood



- Use deep breathing exercises when your child is feeling anxious or moody
- Certain apps, such as "Calm" or "Buddhify", can help your child relax
- Remind yourself and your child that concussions are temporary injuries that are expected to get better
- Make sure your child is getting enough sleep (8-10 hours/night)
- Discourage naps longer than 45 minutes and naps after 5pm, as they can affect sleep at night
- Have your child do fun things that don't make symptoms worse, like seeing friends or listening to music

### Activity



- Physical activity is an important part of recovery
- Have your child do light, non-contact physical activity (e.g. go for a walk) daily throughout their recovery
  - Your child's healthcare provider will give recommendations for max level of activity your child is cleared for
  - Make sure your child returns gradually - don't do too much on day 1!