



Helping Kids Get Brain Rest After Concussion

- Current literature, supports physical and cognitive rest for 24-48 hours with a subthreshold progression back to full activity.
- Subthreshold, meaning only performing activities that do not cause symptoms.
- With the typical recovery time for concussion being under 10–14 days in adults and under 4 weeks in children.
- The following tips can be followed to help ease cognitive stress while your child is recovering from concussion.

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SCHOOL

- Your child should stay home and rest until symptoms improve. Your child should be able to focus for at least 30 minutes without symptoms before returning to school.
- Do not get all their homework sent home – let them catch up in school once they feel well. Pushing through school work may worsen symptoms and slow recovery.
- While at school, rest breaks can help if there are mild symptoms. Talk to the nurse or teachers about a rest schedule.

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Amy McMillin, Physical Therapist
Vestibular Therapist and Owner of Custom Care Rehab

- Students who have symptoms may need extra help with school work, including note taking, extra time for test taking or make up tests once their symptoms resolve.
- School staff should be asked to notify parents if the student has trouble focusing, remembering new material, needs more time to finish tasks, or is more crabby than usual.
- Consider eating in a quiet area, not the loud lunchroom.
- Consider auditory versus visual homework or books
- Ask for your child to be allowed to wear a baseball cap or be by natural light versus fluorescent lights in school.
- Ask for a doctors note to avoid gym class or student pep rallies

SOCIAL

- Put down the electronics. Children should limit the use of TVs, cell phones, tablets, and computer screens during recovery. Like schoolwork, instant messaging, texting, video games and other screen use require mental concentration. Screens also introduce lights and motion, which may also slow down recovery or aggravate symptoms.
- Avoid big family or friend gatherings where there will be a lot of conversation or noise. Consider 1-2 visitors at a time.
- Have a regular sleep routine. Late nights, sleepovers, and overnight outings should be avoided. Parents should encourage earlier bedtimes and good sleep hygiene (avoiding caffeine and snacks close to bedtime, keeping the bedroom dark, noise machine to help fall asleep).

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