

Concussions - Information for Parents

Your child has a concussion. His/her brain is hurt and may not be working like it normally does. It can take many weeks for your child to be healthy enough to go back to school and activity. He/she may have these symptoms:

- Mild headaches
- Dizziness
- Vomiting
- Bothered by light and noise
- Trouble concentrating
- Poor sleep
- Confusion
- Moodiness

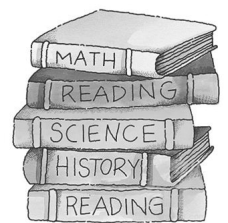
For any of the these symptoms, your child must go to the emergency room (ER):

- Severe/worsening headaches
- Loss of consciousness
- Seizures
- Saying things that don't make sense
- Not recognizing people or places
- Slurred speech
- Trouble walking
- Difficulty waking up child from sleep

When can your child return to school?

Step 1: no school, no homework, no reading, no screentime (phone, tablet, TV)

This may last for _____ days



Step 2: shortened periods of homework, reading and screentime (30-45 minutes)

This may last for _____ days



Step 3: return to school starting with half days and < 1 hour of homework; gradually increase time at school if there are no symptoms.

When can your child return to **sports & activities**?



NEVER RETURN TO PLAY WITH SYMPTOMS

- Once your child has returned to school AND has no symptoms for 24 hours, he/she should go to walk-in Sick Clinic to evaluate return to play and activities

Step 1: Light activity - begin activity for 10 minutes at a time
(For example: light walking or jogging) but NO jumping or contact sports

This may last for _____ days



Step 2: Moderate activity
(For example: running short distances, moderate weight lifting) but still NO contact sports

This may last for _____ days



Step 3: Intense activity
(For example: sprinting, high intensity exercise, weight lifting) but still NO contact sports

This may last for _____ days



Step 4: Practice with team, but no games



Step 5: Compete in games

If at any time, symptoms return, stop immediately and go back to the earlier step - this means that your child is doing too much and needs more rest. Call your health care provider to discuss next steps.

If symptoms last more than **1 month**, let your health care provider know as your child may need to see a specialist.

Concussions - Here is the plan for your child today:

Return to School:

Tell your child's teacher about his/her concussion and symptoms.

No return to school at this time. Return to school on _____.

Return to school with these supports:

____ Shortened day for ____ hours/day

____ Shortened classes until this date: _____

____ Extra time for work/tests

____ Maximum length of homework: _____ minutes

____ No significant testing or standardized testing

____ Take rests and breaks as needed

____ Request meeting with school for long term planning

Return to Sports and Activities:

No PE at this time. Begin return to activities on _____

No sports practices or games at this time.

Step-wise approach to sports and practices and games - see attached.

Return to sick clinic on _____ for follow up and clearance.

Plan completed by _____ MD/DO/NP on _____.

Concussions - Resources

- St. Christopher's Sports Medicine/Concussion Clinic
Dr. Mike Wolf and Dr. Kathleen O'Brien - 215-427-3131, option 2
- St. Christopher's Neurology Clinic - 215-427-5470
- CHOP - Concussion Care for Kids: 215-590-1527
- Einstein/Moss Rehab Concussion Center,
Dr. Watanabe: 215-663-6477
- Jefferson Comprehensive Concussion Clinic: 267-463-2300
- www.cdc.gov/headsup/resources