

Helping your child on the road to recovery post-concussion

Before going back to school, identify a point person (guidance counselor, nurse, administrator) who will speak with teachers about how to support your child

Encourage your child to use school accommodations and supports

Being more irritable and emotional is normal - use deep breathing or meditation to relax

Remind yourself and your child that concussions are temporary injuries that are expected to get better with time

Be patient!

Concussion symptoms are often invisible. Speak with your child about how they are feeling and how you can support them

Talk to a healthcare professional about additional resources if symptoms last more than 4-6 weeks.

Concussions get better!

Everyone's journey is different