

Steps for returning to school & daily activities after a brain injury or concussion

This outline shows a typical recovery you can expect following your child's concussion.
Remember: All children are different

	Home Activities	School Activities	Physical Activities
Brain Rest	Rest in a dark, quiet area. Sleep as much as needed. Drink plenty of fluids and eat healthy foods. Avoid "screen time" (text, computer, cell phone, tv, video games).	No school. No homework or take-home tests. Avoid reading and studying	Walking short distances to get around is okay. No exercise of any kind.
This step usually ends 2-5 days after injury. Progress to the next stage when your child starts to improve, but s/he still has many symptoms.			
Restful Activity Only	Set a regular bedtime/wake up schedule. Allow at least 8-10 hours of sleep and nap if needed. Drink lots of fluids and eat healthy. Limit "screen time" to less than 30 minutes a day.	Gradually return to school. Start with a few hours/half day. Do not take tests or quizzes. Use preprinted class notes. Complete necessary assignments only. Limit homework time.	Light physical activity, like walking. No strenuous physical activity or contact sports.
This step usually ends 2-5 days after injury. Progress to the next stage when your child starts to improve, but s/he still has many symptoms.			
Return to School	Allow 8-10 hours of sleep per night. Avoid napping. "Screen time" less than 1 hour a day. Drink lots of fluids and eat healthy. Spend limited time with friends outside of school.	Progress to attending core classes for full days of school. Add in electives when tolerated. Take 1 test or quiz per day. Give extra time. Stop work if symptoms increase.	Light physical activity, like walking. No strenuous physical activity or contact sports.
This step usually ends 5-14 days after injury. If no symptoms, your child can attend full days of school.			
Normal Activity (Supervised)	Allow 8-10 hours of sleep per night. Avoid napping. "Screen time" less than 1 hour a day. Drink lots of fluids and eat healthy. Spend limited time with friends outside of school.	Progress to attending core classes for full days of school. Add in electives when tolerated. Take 1 test or quiz per day. Give extra time. Stop work if symptoms increase.	Light physical activity, like walking. No strenuous physical activity or contact sports.
This step usually ends 5-14 days after injury. If no symptoms, your child can attend full days of school.			
Full Recovery	Return to normal home and social activities.	Return to normal school schedule and course load.	Complete "Guidelines for Return to Play" before returning to strenuous physical activity or contact sports.
This step usually ends 5-14 days after injury. If no symptoms, your child can attend full days of school.			

If you have questions or concerns about your child's recovery call: _____