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Return to learn plan

Step 1

Immediately after a concussion, it is beneficial to take a break from cognitive (thinking, processing) activities for up to a few days.

- This may mean no school, no homework, no computer, no texting, no video games and maybe no TV if it makes symptoms worse. In general, it is beneficial to minimize screen time.
- As symptoms improve, slowly reintroduce light cognitive activity. Initial activities may include watching TV, listening to audio books, drawing and cooking, as long as they do not increase symptoms.

Step 2

Light cognitive activity is resumed once your child has had significant improvement in symptoms at rest.

- Your child may do activities that do not cause symptoms to get worse.
- Initially, your child may only tolerate five to 15 minutes of work at a time. Stop the activity when moderate symptoms develop.
- Your child may increase the length of cognitive activity as long as symptoms do not worsen significantly or as long as symptoms improve within 30 minutes of taking a break.

Step 3

School-specific activity should be increased gradually:

- When feeling better, your child should try to do some schoolwork at home, increasing the duration as tolerated.
- Your child should continue to participate in this activity in short bursts of time (up to 30 minutes) as tolerated and then work up to longer time periods.

Step 4

Follow these guidelines to determine when your child is ready to return to school:

- When your child is able to do one hour of homework at home for one to two days, she may try to return to a modified school schedule. Examples of a modified schedule: A decreased number of classes, adjustments to decrease reading and note taking, and extra time to complete assignments and tests.
- If symptoms develop while your child is at school, she should take a break in a quiet, supervised area until symptoms improve. When symptoms improve, she may return to class.
- Your child may increase her time in school as tolerated.