

Concussions – Know Some Facts

A concussion is a traumatic brain injury that disrupts normal brain function. It can be the result of a fall, crash, blow to the head or hit to the body. Mild or severe, concussions are a serious health problem. A doctor must examine a child with a concussion.

All athletes are at risk for a concussion. Signs include:

- headaches,
- dizziness,
- loss of consciousness,
- blurred vision,
- nausea,
- balance problems,
- slurred speech,
- irritability, and
- sleep issues.

Recovery times vary from days to weeks, even months. *Doctors tell kids not to return to play until they are fully recovered.*

After an injury, if you suspect your child could have a concussion, make sure she sees a doctor before she returns to play. According to research, kids often return to play if they show only slight symptoms or do not complain.

If your child has a concussion:

1. Discuss a treatment plan *with your doctor.*
2. Follow your *doctor's advice* on activity level. This should include school and other activities. Parents often follow outdated advice from well-meaning family and friends. This might make symptoms worse.
3. Inform the coach that your child will need a medical release before returning to play.

Rest is an important part of the healing process. It helps the brain recover. Kids whose brains have not completely healed risk further injury by returning to play too soon. This includes practice. Repeat concussions may need even longer recovery times.

Kids who have suffered a concussion may face problems with school studies. It may take longer for them to complete assignments and tests. They may suffer problems with attention or memory.

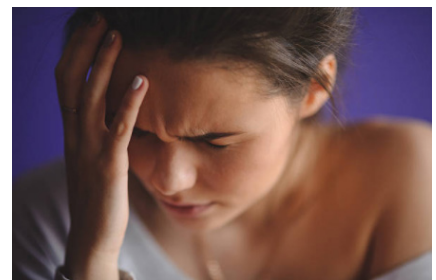
Inform the teachers of your child's injury. Ask them to observe any changes in behavior or problems with studies. He may need extra help or tutoring. Keep a close eye on your child's progress. Take steps to make sure he does not fall behind in school work.

To learn more about concussions, log on to:

www.aap.org

[www.medlineplus.gov/
concussion](http://www.medlineplus.gov/concussion)

www.cdc.gov/Concussion



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1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

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