

STRATEGIES TO HELP WITH BALANCE AND DIZZINESS

After a concussion you might notice changes with your child's balance. They could feel dizzy or have a sudden sensation that they're spinning. Here are a few suggestions that can help.

- **Be cautious!** Talk with your child's doctor or physical therapist (PT) about how your child is feeling. They can help design a program that challenges your child but is also safe for your child to practice at home.
- **Help your child increase their strength and flexibility.** Specific exercises include stretches for ankle and hip muscles and strengthening activities for the legs, such as mini-squats, toe-raises, and standing leg lifts. Your child's doctor or PT can provide more information about these exercises.
- Your child can also **practice movements** that allow them to transition from one position to another, such as going from sitting to standing, reaching above their head to get something off a shelf, or picking up something off the ground.

Learn more about the benefits of helping your child to stay active:

- [Balance, Breathing and Flexibility](#)
- [Health Benefits of Physical Activity for Children](#)
- [How much physical activity do children need?](#)