

Support the Return to School Process

Sometimes the symptoms of concussion can make it hard to be a student. If your child is tired, has headaches, or is having trouble concentrating, they will likely have difficulty with schoolwork. You and your child's teachers can use some simple strategies to help your child as they recover.

Be sure to share these strategies with your child's school team!

- **Identify a support person at school who can help** communicate with your child's teachers about their symptoms and the strategies that will help your child manage schoolwork
 - This might be a school nurse, counselor, teacher, or administrator
 - Determine if your child's school has a Concussion Management Team
 - If you aren't sure who to ask, start with your child's school counselor
- **Meet with your point person**
 - Tell them about your child's concussion and explain how they are feeling and any symptoms they might be having





- Share any written documentation you have from your child's healthcare providers
- Create a list of school strategies/accommodations - Discuss ideas that could help your child in school, things like longer time on tests, fewer math problems, rest breaks, or flexible deadlines
- Share any helpful tips that work for your child at home, for example taking rest breaks, low light, quiet space to work
- Talk with your point person about communicating with your child's teachers and sharing your list of strategies

- **Monitor and adjust the plan as needed**



Learn more about school success strategies:

- [Returning to School After a Concussion - CDC](#)
- [What Teachers Should Know about Concussion](#)
- [Common School Supports](#)