

# PEDIATRIC CONCUSSIONS (5-12): SIGNS AND SYMPTOMS

A concussion can be caused by a blow or jolt to the head or body. Caretakers should be observant of their child's symptoms to be a good advocate for their child with doctors and their child's school.



## SIGNS & SYMPTOMS OF CONCUSSION

### Physical symptoms

- Headache
- Sensitivity to noise and light
- Loss of balance
- Being excessively tired or drowsy
- Nausea or vomiting
- Vision changes
- Unsteadiness when walking
- Fatigue

### Cognitive and emotional signs

- Memory issues
- Cognitive challenges
- Academic struggles
- Mental fatigue
- Easily distracted
- Sleeping issues
- Increased emotion
- Depression/Anxiety

### RED FLAG SYMPTOMS

CALL 911 OR GO TO EMERGENCY ROOM IMMEDIATELY IF YOU SEE THESE SIGNS

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Slurred speech
- Loss of consciousness
- Deteriorating conscious state
- Repeated Vomiting
- Trouble waking up



## What parents can do

**If these symptoms occur within 24-48 hours of fall or head impact, take your child to a healthcare provider within 2 days**

**If a concussion is suspected during a sports game, DO NOT LET YOUR CHILD RETURN TO THE GAME**



# PEDIATRIC CONCUSSIONS (5-12): THE RECOVERY PROCESS

By advocating for and taking the best steps for their child during the recovery process, caregivers can help their child recover.

## CONCUSSION RECOVERY

### 24- 48 HOURS

#### **Sleep is *vital* in the recovery process:**

Let your child sleep as much as they want and do not wake them

- **If new symptoms persist or worsen, seek medical attention immediately**

#### **Limit your child's exposure to:**

- Loud noises
- physical activity
- screen time - 1 hour per day
- overstimulating environments like playgrounds

### AFTER 48 HOURS

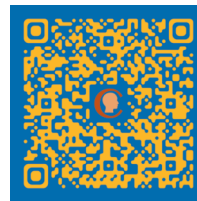
- **Sleep:** Get your child to return to a normal sleep schedule. Limit naps
- **Make healthy nutrition choices:** Have your child drink plenty of water and avoid junk food
- **Activity:** Begin having your child engage in light, low-risk physical activity such as short walks or play. Gradually return to cognitive activity like reading and screen use as tolerated

## KEY STEPS TO TAKE DURING RECOVERY PROCESS

### RETURN TO SCHOOL

- Your child can gradually return to the school environment after 48 hours, with accommodations and breaks as needed, even if they are still experiencing symptoms
- Communicate with the school (teachers, nurses, and counselors) and work with your child's doctor to coordinate a return-to-school plan

Return to learn and sport strategy:



Caretakers should prioritize their own self-care during their child's recovery. If your child sees you visibly stressed, it may delay their recovery

