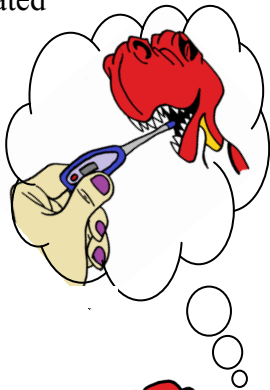


**YOU SHOULD SEEK CARE FROM YOUR FAMILY PHYSICIAN OR YOUR NEAREST EMERGENCY ROOM IF ANY OF THESE APPEAR!**

**WATCH FOR THE FOLLOWING:**

- \* Headache that gets worse despite treatment and is accompanied by vomiting, or wakes child up at night
- \* Sudden weakness in one of their arms and/or legs
- \* Considerable increase in irritability, confusion or unusual behavior
- \* Inability to recognize people or places
- \* Sleeping excessively or difficulty waking up
- \* Persistent or repeated vomiting
- \* Slurred speech
- \* Double vision
- \* Severe loss of motor and verbal skills
- \* Seizures



**Your child should obtain a referral to the Alberta Children's Hospital Brain Injury Program if symptoms persist more than 4 weeks.**



**UNIVERSITY OF CALGARY**

**Alberta Children's Hospital (ACH)  
Traumatic Brain Injury Program**

Come attend one of our weekly education sessions on Concussion/Mild Traumatic Brain Injury Management, here at the Alberta Children's Hospital.

For more information about these weekly sessions call (403) 955-2571.

Or visit one of our sites for more information and resources:

[www.4ctbi.ca](http://www.4ctbi.ca)

[www.facebook.com/4ctbi](http://www.facebook.com/4ctbi)  
(Scan the QR code below for quick access)



**Curious About Concussions?**



**Don't be in doubt,  
FIND OUT!**

**KEYS TO A  
GOOD  
RECOVERY**



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Traumatic Brain Injury Program (2015)

## WHAT IS A CONCUSSION?

- \* May be caused either by a direct blow to the head, face, or neck or by a blow to the body that transmits a force to the head, causing the brain to move rapidly within the skull.
- \* Can occur even if there has been NO loss of consciousness.
- \* A type of brain injury which causes changes in the way the brain functions and can lead to symptoms, such as:
  - \* Physical (e.g. headache, dizziness),
  - \* Cognitive (e.g. difficulty in concentrating or remembering),
  - \* Emotional/Behavioural (e.g. depression, irritability), and/or
  - \* Related to sleep (e.g. drowsiness, difficulty falling asleep)
- \* Cannot normally be seen by means of medical imaging tests, such as x-rays, CT scans, or MRI scans



**A CONCUSSION IS  
NOT PERMANENT  
BRAIN DAMAGE!**

If you have a specialist/ healthcare provider that your child is currently seeing, continue to meet with them. They will help with the best care for your child.

# KEYS TO A GOOD RECOVERY

## 1. Healthy Sleep Habits:

- \* Maintain the same bed and wake times every day throughout the year (even on the weekends).
- \* Have a fixed bed time routine, such as a warm bath about one hour before bed.
- \* No screen time at least 30 minutes before bed time.
- \* Limit naps to one a day, ideally before 3 pm and for a maximum of 30 minutes. Naps should be in bed, not in another room or in front of the TV, etc.
- \* Sleep in a dark, cool and comfortable sleeping area. Remove all sources of light in the bedroom while sleeping.
- \* Open the curtains upon waking to have natural light.
- \* Avoid loud music before bed time.

The first and most important treatment for a concussion initially is rest! This can be very hard for an active child!



Following the rest period, if your child is able to tolerate any present symptoms, they can begin a step-wise increase in their activities.

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See *Return to Learn* and *Play* Guidelines on how to get back to the activities they love.

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## 2. Nutrition, Exercise & Lifestyle

- \* Avoid caffeine (coffee, tea, chocolate, carbonated drinks, some over-the-counter medications) within 4-6 hours of bed time
- \* Avoid energy drinks, alcohol and illicit drugs altogether (they can make symptoms worse, slow the child's recovery, or lead to repeat injury).
- \* Do 10-15 minutes of light aerobic exercise twice a day, when tolerated and at least 2 hours before bed time.
- \* Have 15-30 minutes of quiet time after periods of cognitive activity (during a one hour homework session.)

## 3. Medications

- \* You can give your child regular strength Tylenol/Advil for irritability or discomfort. Follow the instructions on the bottle for the dose your child needs, or consult your pharmacist.
- \* Limit to use of Tylenol/Advil to 2-3 doses per week in the weeks to follow, as this can lead to issues, such as increased headaches.