

## STEP #4

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: \_\_\_\_\_



UNIVERSITY OF  
CALGARY

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

# Curious About Concussions?

### Back to School in Full Swing

- ◆ Resumes full workload at school, including homework and can attend all exams.
- ◆ Time to begin more physical activities. Refer to the RETURN TO PLAY guidelines (Step #2 onwards).



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](https://www.facebook.com/4ctbi)

(Scan the QR code below for quick access)



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

## IMPORTANT NOTES

Mood changes and anxiety can be common during recovery from a brain injury. Many children worry about failing at school or not being active. This may make symptoms worse or prolong recovery.

*Talk with your child about these issues and offer encouragement and support. Some children may require help from a counsellor.*

**If your child is not better by 4 weeks**, seek assistance from your family physician and/or ask for a referral to the ACH Brain Injury Team.



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RETURN  
TO  
LEARN

**Return to Learn** should be completed before beginning **Return to Play**.

# RETURN TO LEARN

When your child is able to tolerate the activities well, move onto the next step.  
If they are not tolerating symptoms well—return to the previous step until ready to move forward.

DATE OF INJURY: \_\_\_\_\_

## STEP #1

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: \_\_\_\_\_

### Restricted Activities

- ◆ Rest at home for the first 1 to 2 days after your injury.
- ◆ Limit computer time, videogames, texting and light reading.



- ◆ By the 2nd or 3rd day begin gentle activities like walking and light reading. Limit screen time to 15-20 minutes per session.

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Physical activity during **Return to Learn** is restricted but walking and light exercise (no sweating) is encouraged, as tolerated.

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## STEP #2

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: \_\_\_\_\_

### Back to School with Modified Activities

*This step may last for a few days or 1-2 weeks depending on your child's recovery.*

- ◆ Try going to bed at a regular time each night including weekends (such as 9-10 pm) and get 8 to 10 hours of sleep.
- ◆ Start by going to school for half days and work up to a full day of classes.
- ◆ Attend less stressful classes initially.
- ◆ Talk to your child's teacher about temporary changes such as:
  - No exams during the first two weeks
  - Sitting at the front of the class (fewer distractions)
  - Decreasing activities that require more effort like attending music class, taking the bus, and/ or carrying heavy books
  - Having a quiet space in school to relax for 20-30 minutes
  - No homework until back at school full-time

## STEP #3

Are symptoms present? If yes, are you tolerating them?

DATE COMPLETED: \_\_\_\_\_

### Nearly Normal Routine

- ◆ Back to full days of school, but can do less than 5 days a week if needed
- ◆ Avoid sleeping more than 10 hours per night
- ◆ Limit to one 30 minute nap per day if needed
- ◆ Limit homework to two 30 minute sessions with 15 minutes break in between sessions.
- ◆ Gradually increase activities like attending music class, taking the bus, and/or carrying heavy books, once your child is back at school full-time.

