



Mild head injury and concussion

Return-to-Learn Guidelines

Stage of healing	Home activity	School activity	Physical activity
Stage 1– Your child still has many symptoms and problems	<ul style="list-style-type: none"> Limited or minimal stimulation Allow as much sleep as possible Limit things that require your child to think, focus, reason or remember Remove any electronics and computers from your child's room Remove any activity planners and to-do lists from your child's room Give your child plenty of fluids to drink Feed small, frequent meals during the day and at bedtime Give your child plenty of carbohydrates to eat, such as whole grain breads and cereals, pasta and rice 	<ul style="list-style-type: none"> Your child may not go to school. It is typical to rest for 24 to 48 hours and monitor if symptoms improve 	See Stage 1 in RTP Guidelines
Stage 2– Your child still has some symptoms and problems	<ul style="list-style-type: none"> Slowly increase cognitive activity (thinking and remembering) as symptoms improve Allow for enough sleep—at least 8 hours Allow your child to use TV, video games, texting, tweeting and email for a short time—less than 2 hours a day; for example, they might have 20 minutes of brain work followed by a 1-hour brain break Help your child not to stress over missed schoolwork Continue with fluids, small frequent meals and carbohydrates, as in Stage 1 As your child has less symptoms, begin adding homework in short sittings to avoid falling behind 	<ul style="list-style-type: none"> Return to school for half days Attend core classes only or have shortened class time Rest in the nurse's office between classes as needed Your child may not take tests or quizzes Use pre-printed class notes Complete short homework assignments—work 20 minutes at a time with rest breaks in between Talk with the school nurse or teacher about academic accommodations from your doctor and create a plan Avoid very loud noises, like music and noise in cafeterias, at PE and recess 	See Stages 2 and 3 in RTP Guidelines
Stage 3– Your child's symptoms and problems have gone away	<ul style="list-style-type: none"> Slowly return to watching TV, playing video games and texting Allow family interactions again Continue with fluids, small frequent meals and carbohydrates, as in Stage 1 	<ul style="list-style-type: none"> Your child may gradually return to a full day of classes They may need to schedule make-up work, tests and quizzes They may take one test or quiz a day with extra time, as needed, to complete Tell the school nurse or teacher if any symptoms or problems return 	See Stages 2 to 4 in RTP Guidelines
Stage 4– Your child seems back to normal	<ul style="list-style-type: none"> Your child may have near-normal home and social interactions 	<ul style="list-style-type: none"> Your child may begin to complete past assignments and become caught up 	See Stages 5 and 6 in RTP Guidelines
Stage 5– Your child may return to full activities	<ul style="list-style-type: none"> Your child may return to normal home and school interactions with 5 days of no symptoms 	<ul style="list-style-type: none"> Your child may return to normal school function without the need for extra accommodations or restrictions 	See Stage 7 in RTP Guidelines

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child. In case of an urgent concern or emergency, call 911.