



# CONCUSSIONS

## INFORMATION FOR PARENTS

### WHAT IS A CONCUSSION?

- A traumatic brain injury (TBI) that is caused by a bump, blow or jolt to the head.
- When your brain moves back and forth from a blow, your brain may not function properly.
- A concussion can cause changes in your behavior, thinking, and physical functioning.

It's important to recognize that the symptoms of a concussion that an athlete reports may be different from what parents observe

**Alex took a blow to the head during football practice. He felt several different symptoms, but he wasn't sure what was wrong.**



### Signs and Symptoms Reported by Child Athlete

- Headache or "pressure" in head
- Difficulty concentrating
- Feeling sluggish or foggy
- Nausea or vomiting
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Balance problems
- Dizziness
- Numbness or tingling
- Has trouble falling asleep
- Does not "feel" right

**Alex's Mom realized the blow to his head caused a concussion when she noticed certain signs and symptoms after his injury.**



### Signs and Symptoms Observed by Parents

- Appears dazed or stunned
- Confused about events
- Answers questions slowly
- Repeats questions
- Forgets class assignments or instructions
- Can't recall events prior to injury
- Can't recall events after the injury
- Loses consciousness (even briefly)
- Shows behavior or personality changes

**Alex's Mom brought him to the hospital. The doctor provided recommendations for concussion prevention and recovery.**



### How Your Child Can Recover

- Take breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork
- Reduce time spent reading, writing, or on the computer

### Help Your Child Prevent a Concussion

- Have your child take a physical examination every year
- Ensure they follow their coach's rules and instructions for safety
- Make sure they wear the right protective gear properly