

Understanding Concussion



and its impact on learning

A concussion can impact a child's ability to learn and stay focused.

Regardless of the intensity of the head impact, a concussion is a type of brain injury that changes the way the brain normally works. It is caused by a bump, blow, or jolt (with or without physical contact) to the head. Concussions can occur without loss of consciousness. Signs and symptoms of a concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury.

Physical symptoms that are common following a concussion may include:

- Headaches
- Double Vision
- Light & Noise Sensitivity
- Dizziness
- Lack of Coordination
- Physical Fatigue

Learning difficulties that are common following a concussion may include:

- Mental Fatigue
- Memory Lapses
- Slower ability to take in/respond to new information
- Attention Slippage
- (Potential) language problems

Any of these symptoms may negatively impact a student's learning, behavior, emotional regulation, or social functioning when they return to school.

North Carolina Brain Injury Advisory Council

Children & Youth Committee

Additional information and resources can be found at:

- Center for Disease Control and Prevention
www.cdc.gov/headsup
- Brain Injury Association North Carolina
www.bianc.net
- Return-to-Learn After Concussion
NC State Board of Education Policy (SHLT-001)
- Gfeller-Waller Concussion Awareness Act
<http://gfellerwallerlaw.unc.edu>

Parent Checklist:

Concussion contact at school

Name: _____

Phone: _____

Email: _____

Provide the paperwork from your health care provider, documenting the concussion and any suggested accommodations for school.

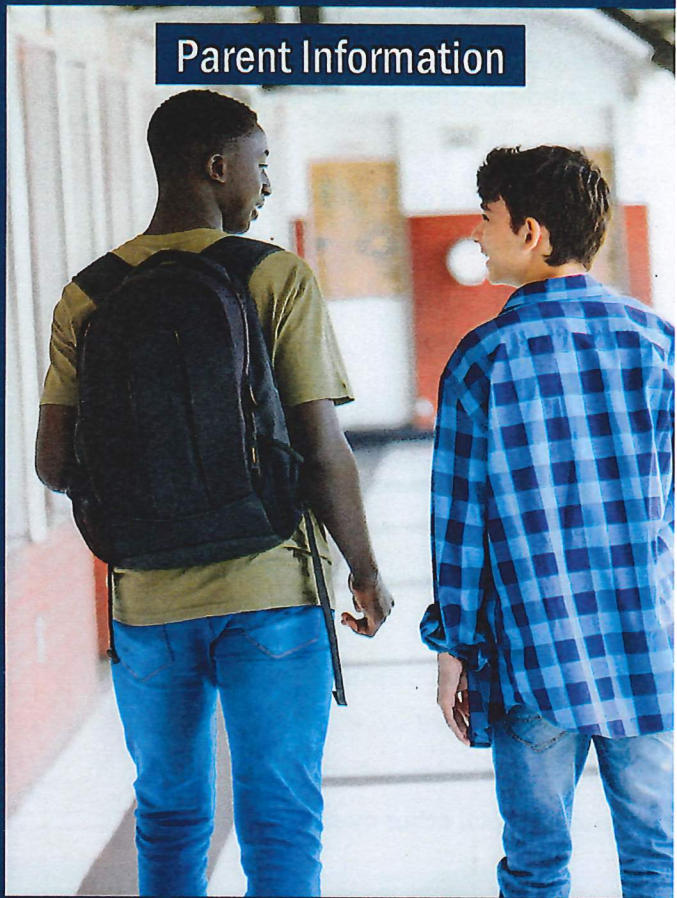
Share concussion diagnosis and relevant information with:

- Teacher(s)
- School Nurse
- School Counselor
- School Psychologist
- Coach (if applicable)

Provide ALL follow-up documentation from the health care provider to the appropriate school personnel.

Communicate with school staff members about any concerns you have regarding your child's recovery/functioning.

Returning to School After a Concussion



Parent Information

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Concussion

Concussion is a mild form of a traumatic brain injury (mTBI). There are many signs and symptoms of a head injury or concussion. If your child or teen has one or more of the symptoms below following an injury to their head or neck, seek medical attention right away.

- Headaches
- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Nausea/vomiting
- Unsteady on their feet
- May lose consciousness (even briefly)
- Behavioral or personality changes
- Can't recall events prior to/after the hit, bump or fall
- Forgets their class schedule or assignments; other memory lapses



Returning to School After a Concussion:

How can I help my child return to school safely following a concussion?

The North Carolina Department of Public Instruction has a policy requiring each public school system to develop a plan to provide needed support for students who have been diagnosed with a concussion.

Children and teens who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Reduce time reading or writing or in other academic tasks
- Reduce time on computers or other electronic devices

Steps Parents Should Take:



Learning, behavior, and emotions can be affected in many different ways and for differing lengths of time following a concussion.

- Seek/ensure treatment by a health care provider.
- Find out who the "Concussion Contact" is at your child's school.
- Talk with your child's teacher, school nurse, coach, school psychologist, and/or counselor about your child's concussion and symptoms they are experiencing.
- Provide the paperwork from your health care provider, documenting the concussion and any suggested accommodations for school.
- Provide ALL follow-up documentation from the health care provider to the appropriate school personnel.
- Communicate with school staff members about any concerns you have regarding your child's recovery/functioning.

Your child's school will assist you in developing a plan of action specific to your child in order to facilitate their safe return to the classroom/school environment.

