

## **Rest & Recovery Post-Concussion**

**Rest At Home:** Your child should rest at home for the first 2-3days following the injury. Keep your child away from daycare, preschool, playgrounds and other busy environments. Avoid taking your child on errands.

**Create A Quiet Place At Home:** While your child is resting, put away light-up and noisy toys. Also, limit your child's access to television, tablets, and other electronic games.

**Encourage Your Child To Stay Hydrated:** Offer your child frequent drinks including water, juice and Pedialyte.

**Prevent A Second Injury:** While your child is recovering from the first injury it is very important that they do not suffer a second (additional) head injury.

### **Other Recommendations:**

- **Avoid Rough Play.** This includes: no playing with balls, running, wrestling, climbing, playground equipment, scooters, bikes or trampolines.
- **Slowly Re-Introduce Your Child To Previous Activities.** Try this only after a few days of rest. Plan on taking breaks or stopping the activity altogether if your child becomes fussy, irritable or displays any signs of pain or discomfort. If you are unsure if your child is tolerating the activity, have them stop and give them time to rest.
- **Monitor Your Child.** It is helpful to have your child's doctor involved in post-concussion care. They can help decide when it is safe to return to their typical activities.