



Brain Health for Kids

A PROGRAM OF THE BRAIN INJURY
ASSOCIATION OF AMERICA

Returning to School after a Brain Injury

Tips and info for parents

The information provided in this presentation is not a substitute for medical or professional care. Questions about diagnosis and treatment for a brain injury should be directed to your child's doctor or nurse.

School is good for your child's brain

Getting a child back to school after a brain injury is an important part of their recovery. School helps them:

- ✓ Stay connected to friends
- ✓ Build a healthy brain
- ✓ Keep a routine



Brain injury symptoms may make it harder for some children to do their schoolwork.



- ✓ Work with your child's doctor or nurse and their school to **get a plan in place.**
- ✓ Schools can provide supports and make **academic adjustments** to help your child ease back into schoolwork.

Getting a return to school plan in place for your child

Start by asking your child's doctor or nurse for **written information** about their injury that you can share with the school. This may include:

- ✓ A list of your child's current symptoms.
- ✓ Possible ways to help manage your child's symptoms at school.
- ✓ Contact information for the doctor or nurse.



Work with your child's school to create a plan

Next, ask your child's school to create a plan. **The plan should:**

- ✓ Identify a case manager who will serve as the primary point of contact for everyone.
- ✓ Outline who is responsible for monitoring the child while at school.
- ✓ Consider your child's age, symptoms, level of understanding, and emotional status.
- ✓ Include the type and length of activities your child can handle.
- ✓ Address any schoolwork they may have missed.
- ✓ Be made available to all of your child's teachers.

Supports or academic adjustments often play an important role in the return to school process.



Setting supports or academic adjustments for your child

Supports or academic adjustments:

- ✓ May be short- or long-term depending on the child's needs.
- ✓ Should be based on the child's symptoms.
- ✓ Need to be monitored and adjusted on an ongoing basis.
- ✓ Can be removed once a child can do schoolwork and participate in school activities without experiencing symptoms or the effects of the brain injury.



Examples of possible supports or academic adjustments



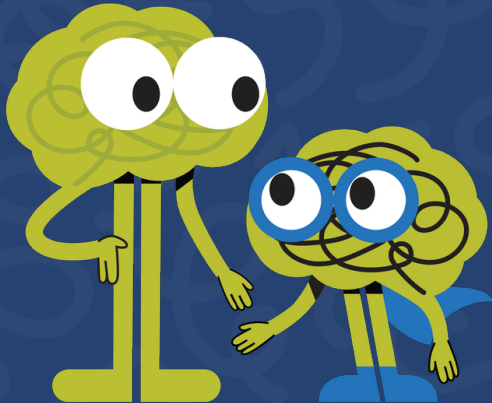
- ✓ Extra time to work on class assignments, written instructions, and help for homework and classwork
- ✓ Use of sunglasses or allowed to sit in a place that is less bright (draw blinds, sit them away from window) if the child is bothered by light
- ✓ Quiet place to study, take a test, or spend lunch or recess if the child is bothered by noise

Examples of possible supports or academic adjustments

- ✓ Rest breaks
- ✓ Time to visit the school nurse for treatment of headaches or other symptoms
- ✓ Emotional support plan, such as identifying an adult with whom they can talk if feeling overwhelmed



Your child may feel sad or even angry because they can't participate in regular school activities during recovery.



- ✓ Give your child time to talk with and stay connected to friends.
- ✓ Listen and talk with your child about these issues and offer your support and encouragement.

✓ Having support from family and friends can help with recovery.

Getting support for ongoing or long-term symptoms

- ✓ Public schools are required to provide formal support to children identified as having short- or long-term disabilities due to a brain injury.
- ✓ The type of formal support will differ depending on the specific needs of each child.
- ✓ Formal support services may include:
 - Multi-Tier System of Support (MTSS) or Response to Intervention Protocol (RTI)
 - 504 Plan
 - Individualized Education Plan (IEP)

Talk to your child's school professionals about setting up formal support services. These services vary by state and school district.



Trust your instincts

- ✓ You know what's normal for your child and what's not.
- ✓ Monitor your child regularly and watch for changes in how your child acts or feels.
- ✓ If their symptoms or health problems seem to be getting worse, be sure to share this information with their doctor or nurse.



For more tips and info on brain injury

Visit www.biausa.org/KidsBrainHealth

or call the Brain Injury Association
of America at [1-800-444-6443](tel:1-800-444-6443)

