

# Concussion Prevention

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- Concussion Prevention and the Role of Parents
- How they impact Mental Health
- Latest Research
- Resources

## Concussion:

- Is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical cognitive, emotional/behavioural and/or related to sleep.

# Causes of Concussion:

Some examples are:

- Direct blow to the head, face or neck
- Blow to the body
- Can occur even if there has been no loss of consciousness

# Symptoms of a Concussion

Symptoms of a concussion can impact children and youth in **many different ways**. It can impact their physical health, their cognitive health, their emotional and behavioral health and their sleep.

**If you suspect your child has a concussion it is very important to seek medical attention.**

## *How long will it take for my child to get better?*

- Your Physician/Health Care Practitioner will give you information specific to your child's injuries.
- The signs and symptoms of a concussion generally last for 7-10 days.
- Some children may take longer to heal (weeks to months).
- A child who has had a previous concussion may take longer to heal.

**It is very important that families take concussions seriously and follow the instructions from their Health Care Practitioner or recovery can take longer.**

# Return to Learn Strategies (KPRDSB Guidelines)

Post-Concussion Symptoms	Impact on Student Learning	Potential Strategies
Headache and Fatigue	Difficulty Paying Attention	Keep distractions to a minimum
Difficulty remembering	Difficulty retaining new information	Divide larger assignments into smaller tasks
Difficulty Paying Attention	Limited short term focus on school work.	Reduce homework, assignments and projects

# Concussion Prevention in Sports and the Role of Parents

- Promoting respect and fair play
- Ensuring youth have equipment that is safe and fits correctly
- Using Helmets and Mouthguards

*The Concussion Awareness Training Tool for Parents, Players & Coaches*

# Concussion Prevention in Sports and the Role of Parents

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- Educating yourself, your children and others about concussions
- Promoting an environment where youth will report their symptoms
- Teaching the skills of full contact without full contact practices
- Ensuring youth master the basic skills for the sport

*The Concussion Awareness Training Tool for Parents, Players & Coaches*



# Molly's Story

<http://www.parachutecanada.org/>

*Parachute Preventing Injuries. Saving Lives.*

# Raising Resilient Children and Youth

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- Focusing on their strengths
- Building a positive self-concept
- Good communications skills

Centre for Addiction and Mental Health (CAMH) Raising Resilient children and Youth  
[http://www.camh.ca/en/hospital/health\\_information/for\\_parents/Pages/raising\\_resilient\\_children.aspx](http://www.camh.ca/en/hospital/health_information/for_parents/Pages/raising_resilient_children.aspx)

# Latest Research

- Designing helmets to lessen the impact of rotational pressure injuries
- App developed by Parachute.

# New Legislation (Rowan's Law)

- An act governing the management of youth concussions in all sports.

# Resources / References

- ❖ Parachute <http://www.parachutecanada.org/>
- ❖ KPRDSB Documents/Guidelines <http://www.kprschoools.ca/en.html>
- ❖ Mind Your Mind (High school students) <https://mindyourmind.ca/>
- ❖ Kids Help Phone <https://www.kidshelpphone.ca/teens/home/splash.aspx>
- ❖ Centre for Addiction and Mental Health (CAMH) Raising Resilient children and Youth [http://www.camh.ca/en/hospital/health\\_information/for\\_parents/Pages/raising\\_resilient\\_children.aspx](http://www.camh.ca/en/hospital/health_information/for_parents/Pages/raising_resilient_children.aspx)
- ❖ Active for Life <http://activeforlife.com/>
- ❖ Sport for Life <http://canadiansportforlife.ca/>

# When in doubt, get it checked out!

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