

# HELP YOUR CHILD BE SUCCESSFUL AT SCHOOL AFTER A TBI

Parents and families play a crucial role in helping children return to school and activities after a Traumatic Brain Injury (TBI).

Most of the recovery process happens after your child leaves the medical setting. The more you know about TBI, the more you can help make sure your child is feeling well, and is successful at school.

## TBI Effects can Last a Lifetime

Most children are resilient and recover well, but some effects can show up later in life.

It is important to

**RECOGNIZE  
MONITOR  
& CARE**

for your child as  
he or she grows up.



## WHAT IS A TBI?

A Traumatic Brain Injury disrupts the normal functioning of the brain. A bump, a blow, or a jolt to the head can cause a TBI. With the brain still developing, a child is at greater risk for long-term effects after a TBI. These injuries range from mild to severe. Mild TBI, referred to as mTBI or concussion, is most common.

CDC's Report to Congress outlines current gaps in TBI care, and provides clear opportunities for action to improve the management and outcomes of TBI in children.

## COORDINATION IS KEY

Children recovering from a TBI need ongoing monitoring with coordinated care and support for best outcomes. Parents and families are often the ones taking care of children as they grow and develop.

### COMMUNICATE

- Talk with your child's healthcare provider regularly, and attend all follow-up appointments.
- Notify your child's school about the TBI, and share updates from their healthcare provider.
- Communicate with the school about the need to monitor your child, and inform you about changes in your child's behavior or school work.

### MONITOR

- Observe your child's symptoms and school work. Report concerns to your child's healthcare provider and school staff.
- Keep records about your child's head injuries, recovery, and recommendations from your doctor about services for your child, such as speech therapy.
- Watch for signs of changes in your child's behavior or school performance, as these may not show up right after a TBI.
- Keep track of the number of brain injuries your child has experienced, and consider this when making decisions about participation in activities like contact sports.



## Help Your Child Return to School

Most students who return to school after a TBI benefit from a short-term plan that includes individualized accommodations, such as:



**Physical rest**



**Extra time on tests**



**Reduced homework load**



**More frequent breaks**



**Individualized help at school**

Students who have learning or behavioral challenges after a TBI may be eligible for special education services, including individualized instruction, speech-language therapy, physical therapy, or educational support. Regardless of the available services, maintaining frequent communication with your child's teachers can be one of the most important actions you can take in your child's recovery process.

## FIND SUPPORT FOR YOUR FAMILY

Understanding the effects of a TBI on your child, and finding the right services to meet their needs can be a gradual process. It also may be important to find care for yourself through support groups or other services available in your community.

### CONNECT

Support groups provide encouragement and valuable help for parents and caregivers.

- Parent Training Information Centers (PACER Family-to-Family Health Information Centers): [www.pacer.org/about/PACERfacts.asp](http://www.pacer.org/about/PACERfacts.asp)
- Brain Injury Association of America (BIAA): [www.biausa.org](http://www.biausa.org)
- United States Brain Injury Alliance (USBIA): [www.usbia.org](http://www.usbia.org)
- National Association of State Head Injury Administrators (NASHIA): [www.nashia.org](http://www.nashia.org)

### LEARN

Educational resources can help inform your child's recovery.

- [www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury)
- [www.cdc.gov/headsup/parents](http://www.cdc.gov/headsup/parents)
- [www.brainline.org](http://www.brainline.org)

### ENGAGE

Problem-Solving Therapy (PST) can help families and children cope with a TBI. In PST, families receive training in:

- Staying positive
- Family communication skills
- Step-by-step problem-solving
- Education about the effects of a TBI



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

### LEARN MORE

TBI: [www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury)  
HEADS UP: [www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)