

Concussion Resources

If your child is sent home with a possible concussion or you are concerned they may have a concussion, make an appointment with a healthcare provider as soon as possible.

***Keep the appointment even if your child starts to feel better. Your child's doctor will track their recovery and advise on their safe return to school, play, and sport activities.**

Links to Children's Healthcare of Atlanta (CHOA) concussion resources:

[Pediatric Concussion Resources](#)

[Caring for your child with a concussion](#)

[Mild head injury and concussion - Return-to-learn and return-to-play & sports guidelines](#)

[Concussion Prevention in Kids and Teens](#)

What is a concussion?

A concussion is an injury to the brain. It can be caused by a blow or bump to or around the head. This causes the brain to move inside the skull, which can change how the brain works or processes information.

- It's estimated that 1.6 to 3.8 million concussions occur every year—many of those go unreported or unnoticed.
- Boys and girls respond differently to concussions. On average, girls take a few days longer to recover than boys.
- Younger athletes typically take longer to recover from concussions than older athletes.
- Of any sport, football carries the highest risk of concussion. Next is soccer and basketball. As lacrosse grows in popularity, it may account for a significant number of concussions as well.

Signs and Symptoms of a concussion:

Any head injury your child receives should be taken seriously regardless of the activity or age of the child. It's important to be observant, understand the signs and symptoms of a concussion, err on the side of safety and trust your gut. When in doubt, call your child's doctor.

There are many different ways a concussion can show itself. Your child may exhibit just one or two symptoms, or quite a few. You might not even see any symptoms until a few days after the injury.

- Confusion
- Headache
- Clumsy movement or dizziness
- Nausea or vomiting
- Memory loss
- Tiredness
- Upset stomach
- Vision problems
- Sensitivity to noise and light
- Numbness or tingling anywhere on the body
- Loss of balance or trouble walking
- Mental fogginess (cannot think clearly or remember things)
- Slurred speech or other changes in speech
- Irritability or more fussiness than usual
- Different behavior than usual—does not play, acts fussy or seems confused
- More emotional, perhaps very sad or nervous
- Different sleeping patterns

For more information on concussions visit - [CHOA Pediatric Concussion Resources](#).