



Cognitive Rest for Concussion

Concussion is a brain injury. Limit brain activity to keep concussion signs from coming back or getting worse. Keep screen time to no more than two hours a day. This includes TV, video games, computers and cell phones. Stop activity and rest if signs get worse.

Do not have your child:	Your child may:
– Read difficult books or word puzzles.	– Read easy books.
– Do things that need focus.	– Rest in a quiet room without bright lights.
– Play loud music.	– Listen to music at a low volume.
– Send or read text messages.	– Do simple arts and crafts.
– Have too many visitors.	– Have short visits with one or two friends.
– Play handheld video games.	– Play card games or easy board games, such as UNO or Go Fish, that do not need much focus.
– Play loud video games with action and flashing lights.	– Play video games that are easy and do not need physical activity.
– Use a computer for more than 30 minutes at a time.	– Use the computer for a short time to check social media sites, such as Facebook.
– Watch TV with action, loud noise or that needs your child to focus.	– Watch TV shows that do not need much focus, such as cartoons or comedy. Watching sports on TV is OK as long as it is not too noisy or with a large crowd.