

on by the concussion itself that renders the injured child unable to articulate the problem.

Other times, children might be reluctant to report their symptoms for fear of being sidelined. That's why coaches, officials and staff need to watch for the following symptoms:

- Dazed or stunned demeanor
- Clumsy movement
- Forgetting the score, position, assignment or other information
- Answering questions slowly
- Loss of consciousness, even if brief

## Suspected Concussion: What To Do

Proper medical evaluation in the event of a concussion is essential. If a child has lost consciousness while on the playing field, immediately stop play and seek medical attention. If the injury didn't result in a loss of consciousness, but you suspect that a child has suffered a concussion, remove him or her from the field of play and seek immediate medical attention.

In the event that the child loses consciousness, medical experts recommend that the child be

taken to an emergency room for evaluation. For less severe concussions, the medical examination typically takes place on-site.

## Recovery

Each injury is different, so it's essential that you follow the doctor's recommended course of action. The good news is that most concussions are mild and a majority of children who suffer from them can expect to make a full recovery.

Generally speaking, there are a few things to keep in mind as a child recovers from a concussion:

- **Rest:** Resting from both physical and mental activity is one of the most important keys to recovery.
- **Take it slow:** As children recover, it's best to ease them into activities slowly, increasing duration or intensity only when they are comfortable.
- **Know when to stop:** If physical activity causes symptoms like headaches, children should stop and take a break, then resume the activity for a briefer period of time.
- **Be aware of progress:** Rarely, children who have suffered concussions can

develop more serious health problems like post-concussion syndrome. If children don't show signs of improvement or are getting worse, follow up with medical personnel.