



Children'sSM
Healthcare of Atlanta

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:

- Read difficult books or word puzzles.
- Do things that need focus.
- Play loud music.
- Send or read text messages.
- Have too many visitors.
- Play handheld video games.
- Play loud video games with action and flashing lights.
- Use a computer for more than 30 minutes at a time.
- Watch TV with action, loud noise or that needs your child to focus.

Your child may:

- Read easy books.
- Rest in a quiet room without bright lights.
- Listen to music at a low volume.
- Do simple arts and crafts.
- Have short visits with one or two friends.
- Play card games or easy board games, such as UNO or Go Fish, that do not need much focus.
- Play video games that are easy and do not need physical activity.
- Use the computer for a short time to check social media sites, such as Facebook.
- 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.