

## ACCOMMODATIONS

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**Your child may need special accommodations to help them continue to carry out their daily routine.**

Possible accommodations might include (but are not limited to) the following:

- Structure and simplify the classroom environment as much as possible
- Break tasks into parts, and present each part in gradually increasing levels of difficulty
- Allow frequent breaks
- Have a quiet space for breaks
- Simplify homework
- Remember that three (3) ten minute assignments are more effective than one (1) thirty minute assignment
- Give positive reinforcement
- Use visual prompts
- Give concise verbal instruction
- Adjust expectations for students with physical problems (headache, fatigue, medicinal side effects)
- Prepare student for transitions
- Use assistive technology (computers, alarm watches, planners, calculators, or tape recorders)
- If necessary, conduct an assessment to determine eligibility for academic accommodations
- Refer the student for an evaluation



## FOR MORE INFORMATION

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### **Delaware Department of Education**

Townsend Building  
401 Federal Street  
Dover, DE 19901-3639  
(302) 734-4000  
[www.doe.k12.de.us](http://www.doe.k12.de.us)

### **The Concussion Clinic**

Division of Rehabilitation Medicine  
A.I. Dupont Hospital for Children  
(302) 651-5600  
[www.nemours.org](http://www.nemours.org)

### **Parent Information Center of Delaware**

(Information pertaining to school issues)  
Serving families and professionals statewide.  
Toll Free: 1-888-547-4412  
[www.picofdel.org](http://www.picofdel.org)

## CONTACT US

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### **Brain Injury Association of Delaware (BIAD)**

Phone: 1-800-411-0505  
Web site: [www.biade.org](http://www.biade.org)



**Brain Injury Association of  
Delaware (BIAD)**

## MILD TRAUMATIC BRAIN INJURY

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**WHEN IS A BUMP MORE THAN  
JUST A BUMP?**

**A CHECKLIST FOR PARENTS**



**TEL: 1-800-411-0505**

## WHAT IS A MILD BRAIN INJURY?

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**A Mild Brain Injury is a blow or jolt to the head that could result in Traumatic Brain Injury (TBI). TBI can disrupt the function of the brain.**

Concussions, also called “closed head injuries”, are a type of TBI.

The injury may be mild, but could affect a child’s health, performance in school, or social interaction.

*Immediately following the injury, if your child has one or more of the following problems, call your doctor.*

- Has a severe headache
- Is bothered by noise or light
- Has problem paying attention
- Is more irritable or has changes in behavior
- Is sleepy
- Has trouble seeing
- Gets upset easily
- Cannot remember the accident or events right before the accident
- Has trouble using legs, arms, or is more clumsy
- Is dizzy, confused, or passes out
- Vomiting
- Has blood or clear fluid coming from nose or ears
- Has seizures

**Remember that you are looking for changes in your child’s normal behavior *prior* to the head injury. These changes can happen weeks or even months following a bump to the head, and can occur even if they were not evident immediately following the injury.**

### *Physical Changes*

- Frequently tired
- Continuing headaches
- Less active
- Dizziness
- Bothered by light or noise
- Tires more quickly
- Changes in regular sleep pattern (including nightmares and restlessness)

### *Changes in Behavior or Personality*

- Easily upset
- Worried or moody
- Spends more time alone
- Impulsive
- Difficulty following a daily routine at school or at home
- Unable to get along with others (rude, mean, annoying)

### *Cognitive Changes*

- Trouble paying attention
- Difficulty in learning new information
- Disorganized
- Misses instructions
- Makes poor choices
- Cannot solve problems easily
- Doesn’t follow directions well
- Can only do one thing at a time
- Takes longer to understand information
- Gets stuck on one idea

*If you suspect that your child has a brain injury, what should you do?*

- Continue to watch your child’s behavior even for small changes
- Report what you observe to your doctor
- Be persistent about your concerns

*When your child returns to school or day care, it is important to tell the following people about the injury:*

- Classroom teacher
- Gym teacher or Coach
- School Nurse
- Psychologist or Counselor
- Principal
- Bus Driver or Car Pool Driver

**KEEP AN OPEN LINE OF COMMUNICATION WITH YOUR CHILD’S SCHOOL.  
INSIST THAT YOU ARE GIVEN REPORTS OF BEHAVIORAL CHANGES.**