

Return to Learn

1

DAILY ACTIVITIES

Gradual Return to Typical Activities

Participate in modified, normal activities of daily living as long as they do not significantly increase symptoms. Your child may try walking the dog, doing chores, running a brief errand, or other normal activities for them. If these activities significantly increase symptoms, take rest breaks to allow for symptom *improvement*.

2

SCHOOL ACTIVITIES

Increase Tolerance to Cognitive Activities

Start school activities outside of the classroom. Your child may try reading, homework, or other cognitive activities. Allow your child to participate in brief amounts of work and then take a rest break to allow for symptom *improvement*.

3

PART-TIME SCHOOL

Increase Academic Activities

Gradually introduce more schoolwork. Your child may need to begin with partial days or full days with frequent rest breaks throughout the day. Your child's healthcare provider will help you make the best plan. *It is normal to have symptoms when returning to school.*

4

FULL-TIME SCHOOL

Return to Full Academic Activities

Gradually increase school activities until your child can tolerate a full day with a full workload. Your child's healthcare provider will help arrange the best academic accommodations and help create a plan for your child to get caught up on missed work.