

## 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.

