

What Parents Need to Know about Concussions

Concussions are particularly common among children and youth who are active in sports and recreational activities, but can also occur from falls, motor vehicle collisions, or violence. The young brain - especially the adolescent brain - is more susceptible to concussion and takes longer to recover, compared to adults.

It's important for parents to know how to recognize the signs and symptoms of a concussion and know what to do when one has occurred. Take the 'What parents need to know about Concussions' quiz by visiting www.niagararegion.ca and searching 'School Health'.