

Understand the injury and the support needed

A suggestion for implementing the strategy

'Concussion: Support a return to learning and activity' from the Guide: [Acquired brain injury and learning](#)

-
- Includes:**
- Refresh knowledge of concussion
 - What to ask whānau
 - Give assurance
 - Reflection questions
 - Useful resources

Inclusive Education

From

Guide: [Supporting learners with acquired brain injury](#)

Strategy: [Concussion: Support a return to learning and activity](#)

Suggestion: [Understand the injury and the support needed](#)

Date

01 September 2025

Link

inclusive.tki.org.nz/guides/brain-injury/understand-the-injury-and-the-support-needed

Refresh knowledge of concussion

Remind yourself of the implications of a concussion, so you can provide informed support.



Video hosted on Youtube http://youtu.be/_5YmblG9YM

Closed Captions

Source:

[DocMikeEvans \(USA\)](#)

<https://www.youtube.com/channel/UCL-IWPkXQn3JYYYsPnpGllg>

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What to ask whānau

Meet with the family or whānau and the child or young person.

Learn about the concussion and the support needed.

When did the injury take place?

What part of the head received the injury?

Have you been to the doctor or hospital? If yes, what happened and what were the recommendations?

What have you noticed about:

- energy levels
- sleeping patterns
- headaches
- mood and emotional state
- appetite
- vision
- sensitivity to light, sound, busy environments?

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Give assurance



Source:

Ministry of Education

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Reflection questions

How will you be informed, so you know what to ask and look out for?

How will you demonstrate empathy? A child or young person may look fine, but a concussion is an unseen, hidden injury.

How will you be a good listener? Every concussion and every child's experience is unique.

How can you enable whānau to guide and oversee support?

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Useful resources



Headway: Brain Injury Auckland

A collection of informative and practical resources about brain injuries.

Publisher: Headway

[Visit website](#)



Brain injury: A guide for parents

Read time: 17 min

This factsheet provides information about how brain injuries can affect children and young people and suggests coping strategies for families.

[Download](#) PDF (477 KB)

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