

Tips for Parents

- Learn about TBI. The more you know, the more you can help yourself and your child. See the list of resources and organizations at the end of this publication.
- Work with the medical team to understand your child's injury and treatment plan. Don't be shy about asking questions. Tell them what you know or think. Make suggestions.
- Keep track of your child's treatment. A three ring binder or box can help you store this history. As your child recovers, you may meet with many doctors, nurses, and other medical professionals. Write down what they say. Put any paperwork they give you in the notebook or throw it in the box. You can't remember all this also, if you need to share any of this paperwork with someone else, make a copy. **Don't give away your original!**
- Talk to other parents whose children have TBI. There are parent groups all over the US. Parents can share practical advice and emotional support.
- If your child was in school before the injury, plan for his/her return to school. Get in touch with the school. Be sure to let the school know that your child has had a brain injury. Ask the principal about special education services. Have the medical team share information with the school.
- When your child returns to school, ask the school to test your child as soon as possible to identify his/her special education needs. Meet with the school and help develop a plan for your child, called an Individual Educational Plan (IEP).
- Keep in touch with your child's teacher. Tell the teacher about how your child is doing at home. Ask how your child is doing in school.

Resources:

Brain Injury Association of America Their website is full of resources and fact sheets. www.biausa.org. They also run a family helpline.

Lash and Associates has a variety of pamphlets, books and videos to assist with educating the family, child and teacher. Lash & Associates Publishing/Training, Inc. Telephone and Fax: 919-562-0015. www.lapublishing.com

BrainStars: a guide to educating the student with a brain injury. Jeannie Losh, The Children's Hospital, BrainSTARS Project 1056 E. 19th Ave. B390 Denver, Co 80218.

Books

Living with Brain Injury: A Guide for Families and Caregivers.

Coming Home: A Discharge Manual for Families of Persons with Brain Injury.

Every Good Boy Does Fine.