

The Centers for Disease Control and Prevention (CDC) developed HEADS UP Rocket Blades to help teach concussion safety to children ages 6 to 8 and to help you start a conversation with your child about playing safe and smart!



YOUR KIDS WANT TO HEAR FROM YOU ABOUT CONCUSSION SAFETY!

We know keeping your children safe is a top priority. Sometimes it can be hard to know how to talk to your child about concussion and other serious brain injury. This handout provides some tips to help you take action and start a conversation about concussion safety today.

GETTING READY FOR LAUNCH

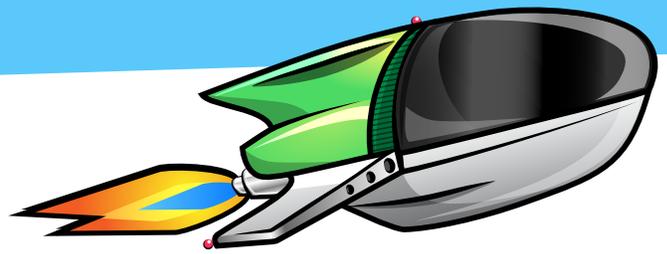
To help you get started, CDC developed **HEADS UP Rocket Blades**. This mobile gaming app helps teach children ages 6 to 8 about concussion safety in a kid-friendly way.

The game focuses on the following learning goals:

- Hitting your head can cause a brain injury, called a concussion.
- You should tell your coach, parent, or another adult if you hit your head.
- You should see a doctor if your brain is hurt, and rest before returning to play.



3-2-1 BLAST OFF!



Have your child play the HEADS UP Rocket Blades game and chat with him or her about their experience with the game. Below are some tips to help:



If you see that your child is winning the game, take a moment to congratulate him or her. Follow up by asking why they think they've won the game, and what they would do in real life to keep themselves safe? You can visit the following webpage to get more information about these types of symptoms

<https://www.cdc.gov/headsup/basics/index.html>.



Ask what happens to Rocket Blades players when they hit their head (such as: Do their brains get hurt? How do the players feel? Do the players feel or act differently after a concussion?). You can also use this time to remind your child about the types of symptoms a person may get when they have a concussion.



If you notice your child becomes frustrated when the players have concussion symptoms (such as blurry vision or slower reaction time), talk to your child about concussion symptoms and what happens when they hit their head. You can remind them that their brain makes the rest of their body work correctly. When the brain gets hurt it can't do that job properly and you can't perform at your best.



Talk to your child about the role of helmets in the game and in real life. Remind them that helmets are a very important way to keep their brain safe and safety gear should always be worn when playing. However, just like the players in the game, children in real life can get a concussion even if they are wearing a helmet, and they should avoid hits to the head.

Please visit www.cdc.gov/HEADSUP for additional information about concussion safety and how to get involved in your community.

