

## Dealing with Fatigue

Fatigue may leave children feeling tired and exhausted. It can affect both their mood and concentration.

- ❖ Keeping to a set routine with time for rest breaks will help to keep fatigue to a minimum.
- ❖ Agree a timetable for activities spread over a period of days rather than trying to do too many activities during one day.
- ❖ Switching between activities requiring physical and mental effort interspersed with frequent rest breaks may prevent over tiredness.
- ❖ A healthy diet with lean proteins, fresh foods and one without too many stimulants may reduce the effects of fatigue.
- ❖ Identify the signs of fatigue in your child and offer a rest break as soon as these signs appear.
- ❖ Muscle weakness and fatigue will make it hard to keep up with typical daily demands, such as, the physical demands of handwriting, completing work and organizing materials. Access to alternative methods of recording would be helpful, this can include use of ICT and voice activated software.
- ❖ Fatigue can have a direct impact on behaviour, if you notice a change in behaviour, it may be due to increased fatigue and the need for a break.
- ❖ It may be necessary to reduce the expectation of work due to fatigue. Completing a shorter task will still have a positive outcome.
- ❖ Remember fatigue can be both physical and mental, and they will both impact on each other.
- ❖ The [child brain injury trust](#) contains further advice on reducing the effects of fatigue in children.