

ARE YOUR KIDS PLAYING IT SAFE?

Helping your children lead physically active lifestyles is essential to their health. Explore Miami Children's Hospital's best tips for keeping your young athletes safe and active.



SURPRISING STATS ABOUT YOUTH SPORTS

There are a total of **31.5 MILLION CHILDREN** between the ages of 6-17 that are involved in at least one team sport. (data from 2011)

Children ages 5-14 make up **40% OF ALL HOSPITAL INJURIES**. (data from 2009)

Every year, more than **2.6 MILLION CHILDREN** under the age of 19 visit the emergency department for a sports or recreational related injury.

THE BENEFITS OF PLAYING SPORTS

Health benefits

Playing sports has proven to help children achieve their goals and **boost self-confidence**.

Children who participate in sports are **8X MORE LIKELY TO HAVE AN ACTIVE LIFESTYLE** in their 20s than those who don't.



5x=mc² Team sportsmanship

Kids learn the meaning of **teamwork and good sportsmanship**, learning ways to solve problems and accomplish goals with their teammates and coaches.

Academic benefits

Team sports require similar skills that are used in the classroom such as **memorization and determination**.

WHAT PARENTS SHOULD KNOW ABOUT YOUTH SPORT INJURIES

Every child has most likely experienced multiple scrapes and bruises, but some injuries can be more severe than others. **Almost 1/4 of traumatic brain injuries in adolescents are associated with sports and recreational activities in adolescents.**

COMMON INJURIES

Strains & Sprains



Strains and sprains are caused by a **STRETCHING OR TEARING** of ligaments that join bones together.

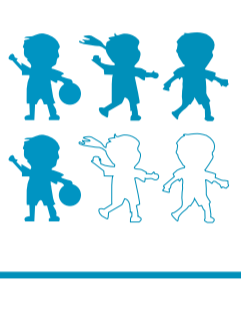
They are the **MOST COMMON** sport injuries in kids with

451,480 diagnoses annually.



Heat Related Injuries

Heat related injuries like **DEHYDRATION AND HEAT EXHAUSTION** are dangerous and can be fatal.



The youth population accounts for

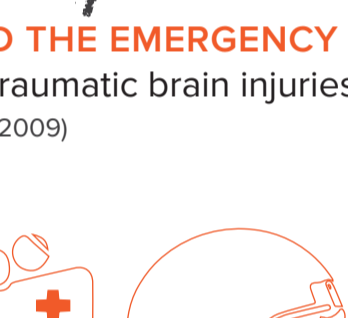
~48% of all heat related injuries.



Heat related injuries are **MOST COMMON** in children because they perspire less than adults, which results in dehydration.

2/3 OF KIDS SHOW UP TO PRACTICE DEHYDRATED.

Concussions



Concussions are caused by a **HARSH IMPACT OR A BLOW** to the head that affects the brain.

248,000+ children

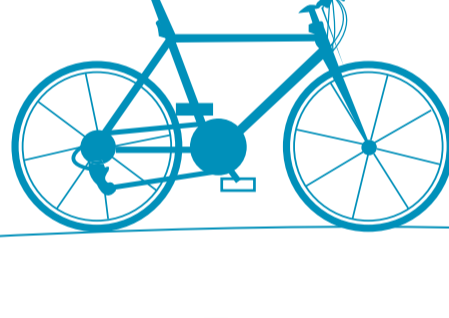
VISITED THE EMERGENCY ROOM due to traumatic brain injuries like concussions. (data from 2009)



Football players are most susceptible to concussions in comparison to all other sports, with **58,080 DIAGNOSES ANNUALLY**. This is more than are recorded for basketball and soccer combined.

POPULAR SPORTS

BICYCLING



Bike Safety

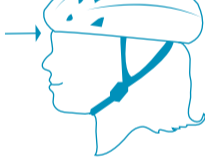


Teach your child to be a smart rider and to always wear a helmet.

Bicycling is the **MOST POPULAR OUTDOOR ACTIVITY** for adolescents in the USA.

+70%

of U.S. children between ages 5-14 ride a bicycle.



Make sure the helmet fits correctly. Look up. If he or she can't see the tip of the helmet, it's placed too far back.



Practice makes perfect. The more confident you are with your bike riding skills, the less likely you will be to crash.



Practice with your child in a safe, empty space and only let your child have freedom to ride alone when you are confident about his or her skill level.



Be cautious when crossing streets. Look left and right for traffic. Cross only when traffic is clear.

BASKETBALL



Common basketball injuries include: facial injuries, jammed fingers/stress fractures, knee injuries

Basketball ranks as the **MOST POPULAR YOUTH SPORT.**

~26.2 million children over the age 6 play basketball. (data from 2008)

BASEBALL/SOFTBALL

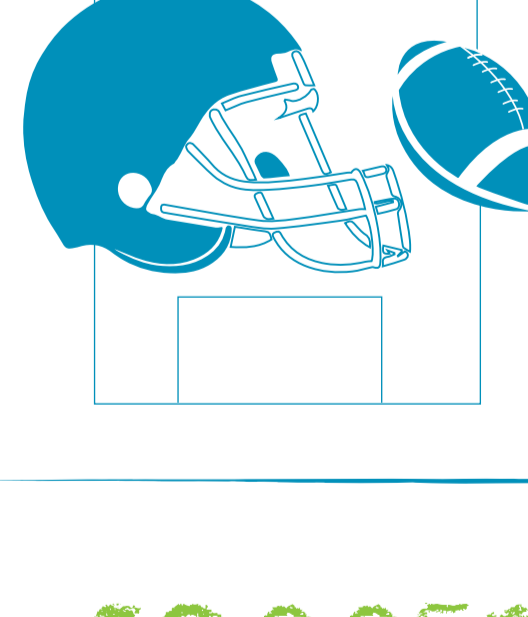


Common baseball & softball injuries include:

damage or tears to the elbow and shoulders, like tendinitis.

Baseball and softball rank as the **2ND MOST POPULAR YOUTH SPORT.**

FOOTBALL



Common football injuries include:

concussions

Football is the **3RD MOST POPULAR SPORT IN THE USA.**

It is the cause of the most injuries compared to any other sport, with more than **920,000 ATHLETES** 18 years and younger visiting the emergency room. (data from 2007)

SOCCER



Common soccer injuries include:

facial injuries, sprains and strains on the knees, and tendinitis.

Soccer is the **FASTEST GROWING TEAM SPORT IN THE USA.**

HELP YOUR KIDS STAY ACTIVE AND SAFE

MORE THAN 50% OF ALL SPORTS INJURIES IN CHILDREN ARE PREVENTABLE.

62% of organized sports related injuries occur during practice.

However, **1/3 of parents do not treat practice with the same safety precautions as they would a game.**

- ✓ **Make sure to have your child checked out by a doctor** if they are consistently active.
- Keep your child hydrated throughout the day. Invest in a fun colored water bottle to encourage hydration.
- Practice a routine of having pre-warm up exercises and stretches before starting any physical activity to prevent muscle strains.
- Make sure your kids have an off season. It is recommended that kids get at least 19 weeks of rest from each sport a year.
- Wear the correct protective gear like helmets, knee pads, and wrist guards.
- Lead by example. Be a good role model for your child and practice safety precautions.

MCH offers middle and high school athletes a **FREE pediatric EKG test.**

Sources

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