



Youth and Sports

Sports for children and teens can be a great way for them to develop a new skill, meet new friends, build self-esteem, and have fun. However, playing sports can also be dangerous and sports-related injuries are one of the leading reasons why children and teens visit their local emergency room. To help prevent sports injuries, have children and teens follow these safety tips:

- Before they start a sport, have them get a physical to make sure they are healthy
- Have them wear proper fitting, safety-inspected sports gear and if needed, eye protection
- Make sure they have adult supervision by someone who understands and enforces proper guidelines and rules
- Encourage them to eat well-balanced meals and drink plenty of water before and after playing a sport
- Make sure they do warm-up and stretching exercises before a sport and cool downs afterward
- Encourage them to have FUN!

Family Resource Center Sports-Related and Fitness Books and DVDs

Infant/Toddler/Preschool

My Amazing Body: a First Look at Health and Fitness by Pat Thomas, 2002

De la cabeza a los pies by Eric Carle, 2007

Get Moving With Grover by Abigail Tabby, 2005

From Head to Toe by Eric Carle, 1999

Sleepy Little Yoga by Rebecca Whitford & Martina Selway, 2007

Walk Like a Bear, Stand Like a Tree, Run Like the Wind by Carol Bassett, 2003

YogaKids Fun Collection (DVD), 2005

Active Kids by Bobby Kalman, 2003

Babar's Yoga for Elephants by Laurent de Brunhoff, 2002

Being Active by Mary Elizabeth Salzmann, 2004

Being Active by Mari C. Schuh, 2006

The Busy Body Book by Lizzy Rockwell, 2004

Exercise by Sharon Gordon, 2003

Get Moving: Tips on Exercise by Kathy Feeney, 2001

Hip Hop For Kids, Vol. 1 (DVD), 2005

Hip Hop Harry: Fun with Friends (DVD), 2007

School-age 5-9

Hip Hop Harry 2: Move Those Feet (DVD), 2008

I.Q. Gets Fit by Mary Ann Fraser, 2007

Knees Lifted High by Gergia Perez, 2007

Mantenerse activo/Being Active by Mari C. Schuh, 2007

My Daddy is a Pretzel by Baron Baptiste, 2004

Physical Fitness by Alvin Silverstein, Virginia Silverstein & Laura Silverstein Nunn, 2002

Preteen 10-12

Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great by Mavis Jukes & Lilian Cheung, 2003

Bicycling for Fitness by Gus Gedatus, 2001

Exercise for Weight Management by Gus Gedatus, 2001

Fitness para niños by Simon Frost, 2004

In-Line Skating for Fitness by Gedatus, 2001

Scott Cole's Get Fit America for Kids (DVD), 2004

Yoga Games for Children by Danielle Bersma & Marjoke Visscher, 2003

Yoga Kids by Marsha Wenig, 2003

Teen 13-18

Fuel for Young Athletes by Ann Litt, 2003

Fueling the Teen Machine by Ellen Shanley & Colleen Thompson, 2001

Toning for Teens by Joyce L. Vedral, 2002

Adult

Active Start for Healthy Kids: Activities, Exercises, and Nutritional Tips by Stephen J. Virgilio 2005

Gimnasia Para Bebés: Juegos y Ejercicios Para Fomentar el Movimiento Reconocimiento de Malformaciones by Barbara Zukunft-Huber 2001

Hop, Skip and Jump: Exercises, Activities and Games to Promote Your Child's Movement, Posture and Balancing Skills by Peter Walker 2003

Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better, and Grow Stronger by Helen Garabedian 2004

Kids and Sports: Everything You and Your Child Need to Know about Sports, Physical Activity, and Good Health--a Doctor's Guide for Parents and Coaches by Eric Small 2002

Kidshape: A Practical Prescription for Raising Healthy, Fit Children by Naomi Neufeld 2004

Rookie Dad: Fun and Easy Exercises and Games for Dads and Babies in Their First Year by Susan Fox 2001

Online Resources

Adult/Parents

http://www.medem.com/medlb/article_detailb.cfm?article_ID=ZZZ5J76YA7C&sub_cat=104

<http://www.nlm.nih.gov/medlineplus/sportssafety.html>

<http://www.aap.org/family/healthychildren/07school/HC-07School-Sports.pdf>

http://findarticles.com/p/articles/mi_m0816/is_1_17/ai_65537456

<http://www.medicinenet.com/script/main/art.asp?articlekey=57281>

http://www.medem.com/medlb/article_detailb.cfm?article_ID=ZZZ9QVSHDYD&sub_cat=405

<http://www.med.umich.edu/1libr/yourchild/sportsaf.htm>

<http://www.saferchild.org/general3.htm>

http://www.kidshealth.org/parent/fitness/general/hate_sports.html

http://www.kidshealth.org/parent/fitness/safety/sports_safety.html

<http://www.keepkidshealthy.com/welcome/commonproblems/sportsinjuries.html>

http://www.keepkidshealthy.com/parenting_tips/youth_sports_guidelines.html

<http://www.mayoclinic.com/print/fitness/SM00057/METHOD=print>

http://www.niams.nih.gov/Health_Info/Sports_Injuries/child_sports_injuries.asp

<http://life.familyeducation.com/teen/safety/48514.html>

Children and/or Teen

<http://www.childrensnyp.org/mschony/P01649.html>

<http://www.nysgtsc.state.ny.us/Kids/kid-bike.htm>

http://www.kidshealth.com/teen/food_fitness/exercise/sport_safety.html

http://www.kidshealth.org/PageManager.jsp?dn=familydoctor&lic=44&cat_id=120&article_set=22428&ps=304

http://kidshealth.org/PageManager.jsp?dn=cponline&lic=142&cat_id=20182&article_set=20429&ps=204

http://kidshealth.org/teen/exercise/sports/sports_physicals.html

Eye Safety

http://www.medem.com/search/article_display.cfm?path=%5C%5CTANQUERAY%5CM_ContentItem&mstr=/M_ContentItem/ZZZBG94DPQC.html&soc=AAO&srch_typ=NAV_SERCH

<http://www.preventblindness.org/safety/sportspage1.html>