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

**School-age 5-9**

- *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
**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

**Maintenerse 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

**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

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

**Gimnasia Para Bebes: 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_detailib.cfm?article_ID=ZZZ5J76YA7C&sub_cat=104


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.medem.com/medlb/article_detailib.cfm?article_ID=ZZZ9QVSHDYD&sub_cat=405
http://www.med.umich.edu/1libr/yourchild/sportsaft.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

Children and/or Teen
http://www.childrensnyp.org/mschony/P01649.html
http://www.nysgtsstate.ny.us/Kids/kid-bike.htm

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