

6 ways to support young athletes



While sports offer kids many positive benefits, there are also risks involved – including knee injuries and concussions. With the right equipment, coaching and technique, your kids can still have fun while playing safe. Support your young athletes with these tips.

- 1 Inspire safe habits** – As your child learns about safe play, reinforce the good habits they're discovering. This includes wearing proper safety equipment, following the rules and getting adequate rest.
- 2 Talk with your child's coaches** – By opening up a line of communication with your son or daughter's coach, you can get a better idea of what techniques and training methods your child is learning.
- 3 Warm up and cool down the correct way** – Make sure that workouts include the warming up, cooling down and stretching to avoid injury.
- 4 Watch for overtraining** – Keep tabs on your kid's workouts. Doctors recommend at least one rest day per week and three months off from a sport each year.
- 5 Support a diverse sports mix** – Sports specialization can lead to overuse of the same set of joints. A mix of different sports throughout the year provides balance.
- 6 Encourage good mental health** – Issues like burnout, competitive stress and anxiety can affect your child on and off the court. Provide healthy support and encouragement.



HealthPartners®
Park Nicollet®

healthpartners.com/youthsportsinjuries