

# kiwi

Growing families the natural and organic way.

## tikes

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# teens

AGES  
14-18



*Taking a crack at  
preventing sports injuries*



AS THE NUMBER OF KIDS playing sports rises, so does the number of associated injuries.

"About 30 million children and adolescents participate in some form of organized sports," says Suzanne Jaffe Walters, MD, division chief of orthopedic surgery and sports medicine at the Nemours Children's Clinic in Orlando, Florida. "In general, children are motivated to play a sport because it's fun, but parents and coaches who demand too much may be putting children at risk."

Walters says parents and coaches can take steps to relieve the pressure of sports while still promoting healthy competition.

#### Some tips:

- ♦ Suggest that your teen start conditioning a month before the sport is scheduled to begin.
- ♦ Let each individual play at his or her own intensity level and pace.
- ♦ Make sure fields are in good condition and that protective equipment fits correctly.
- ♦ Emphasize stretching and flexibility exercises.
- ♦ Stay aware of the fine line between encouragement and pressure.