



# HEALTH CORNER

**March 2015**

*Did you know?*

As winter turns into spring and temperatures rise, so does the amount of time children spend outdoors playing sports. Improvements in the quality of protective equipment—such as padding and helmets—have made sports participation safer than ever before. Even so, children's bodies are still vulnerable to injury. Reduce your all-star's risk of injury by keeping an overall healthy approach to nutrition, hydration, training and competition. For more information visit [http://www.healthychildren.org/English/tips-tools/newsletters/Documents/HCNewsletter\\_March2014\\_SpringIntoSports.htm](http://www.healthychildren.org/English/tips-tools/newsletters/Documents/HCNewsletter_March2014_SpringIntoSports.htm)

Parents are children's most important teachers. Talk with your child about smart food choices, and how important they are for learning in school, playing for fun and sports, feeling good and staying healthy. Use positive messages: they help avoid the stress and guilt that can lead to eating disorders and poorer eating habits as children age. Let them know there are no "good" or "bad" foods. The key is moderation in how much they eat of a particular food, and eating foods from the Five Food Groups. For more information visit <http://www.choosemyplate.gov/food-groups/>

Get outside and enjoy the warmer weather yourself – after all, an active parent raises an active child!

Happy Spring!