

Children and Sports Injuries

Children love to play sports. Keeping them safe while playing is something that coaches, and parents can team up to do. Coaches and parents need to be sure that the children on the team are physically fit and capable of the physical demands of the game. Children should be encouraged to stay fit all year by exercising in off-season as well as during the playing season.

The two main causes for sports injuries in children is overtraining and being out of condition. There should be guidelines set for training intensity, length and skill drills.

Parents need to be supportive, positive input and avoid putting pressure on their children to win.

Parent's Checklist:

Make sure that your child's coach has first aid training and that there is an emergency action plan in place.

Make sure that the team has a safety policy regarding injury, illness, infection and inclement weather.

The coach should have all players' emergency contact information.

All parents should have the emergency contact information for the coach.

There should be a first aid kit available at all practices, training sessions and games.

Water should be present at all scheduled practices and games so that players can stay hydrated before, during and afterwards.

All players should participate in scheduled warm-ups, cool downs both for games and practices.

There should be written and enforced guidelines and recommendations for safety, and safety equipment.

All players should have proper uniforms, safety gear and properly fitting shoes.

Each player should have not only equal playing time, but also plenty of rest periods during practices and games.

The adults in charge including the coach should enforce the core value of sportsmanship, and fair play.

Coach's Checklist:

The coach should be licensed and certified in first aid.

Coaches should have a meeting at the beginning of the season with all the players, their parents and any adult supervisors to define the core values of the team and to go over the rules of good sportsmanship and fair play.

Coaches should promote good will and personal training for each player to be in top condition physically, mentally and emotionally.

Each player should be given an opportunity to set goals regarding personal goals regarding improving game performance and personal character.

A coach should stress leadership qualities with team members especially regarding honesty, responsibility and respect for fellow players.

Coach is responsible for seeing to the safety of all equipment and that each player has safety gear and uses it. A first aid kit is the coach's responsibility to have on hand at each practice and game.

Player's Checklist:

Players are responsible for learning the rules of conduct regarding the game and to follow them.

Players are to be in good physical condition and well rested before each practice or game.

Players are to inform the coach of any injury sustained on the field or during practice.

Players are to use safety gear and to wear proper uniforms and shoes.



Keeping Children Healthy Naturally

When parents think about their child's health, it is important that they not only consider the physical wellbeing of the child, but the psychological and social health as well.

This broad field of children's health includes **psychological issues** surrounding mood, behavior, learning, and concentration, as well as **physical areas** such as appetite, bedwetting, fever, sleep, chicken pox, tantrums, weight loss, and more.

It even includes complicated, and increasingly diagnosed **behavioral health issues** like Autism, Asperger's Syndrome, and Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your child's health – naturally and safely.

View Natural Products for Children's Health

- Learning & Concentration
- Mood & Behavior
- Weight & Appetite Support
- Child Sleep
- Immunity & Energy

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to

guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »