

## Sports Safety Tips - Wear the right gear

Prevent sports related injuries for your budding athletes with these fast and simple sports safety tips

1. Wear a Mouth Guard - think of this as a helmet for your child's teeth. An accident can result in broken teeth, gum and tongue injuries, jaw fractures and even more serious harm to the head and neck. Mouth guards can actually help to prevent concussions and head injuries by preventing a chain reaction that can occur when injuries in the mouth travel upward to the head.
2. Helmets are for heads - helmets are like a shock absorber and help minimize or protect against concussions.
3. Face guards - prevent cuts, scrapes, bruises and facial damage
4. Eyewear - protection for your child's vulnerable eyes.
5. Play safe, have fun, and cheer on your athlete!

Whether your sport of choice is football, hockey, gymnastics, basketball, baseball, lacrosse, karate, skateboarding, or bike riding, the right protection can make a critical difference if an injury is sustained to your child's mouth or face.

Nobody wants to miss half of their sporting event to spend Saturday afternoon at the emergency room. By taking this simple, protective step this scenario is a lot less likely to materialize.

As your pediatric dentist, I'm here to help you as a parent promote and encourage a safe, fun sporting experience for your child.

Now that you know, let's go have some fun!