

## Preparing for a New School Year Getting a healthy start/Keeping your kids healthy

School supplies, athletic gear, backpacks, and lunch boxes... Preparing for a new school year often comes with a lot of anticipation and requires some planning on the part of parents and their kids. With a new school year come new challenges, some of which involve how to keep our kids healthy throughout the school year. Healthy children learn better, and no curriculum can compensate for deficiencies in a student's health status.<sup>1</sup> This issue of *HealthHints* will focus on some of the ways we can *physically* prepare for school that can help our kids start off healthy and stay that way.



### Physical Preparation

#### Building up the body & brain

For your child to perform his/her best both academically and in recreation or sports, his/her body needs to be in good physical shape. To get or stay in good health for the school year usually requires:

- physical examinations,
- illness prevention,
- injury reduction, and
- proper rest (sleep).

### Physical Examinations

#### The “not so routine” physical examination

Your child's entrance into a new school year is usually preceded by an annual physical examination, but what we often consider a “routine” physical can be geared to further planning and discussion as well. Each year, doctors “come across children who have questions about their bodies or lifestyles that can have a deeply profound outcome on their long-term health. And although less common, routine checkups sometimes uncover ‘silent’ diseases or conditions,”<sup>2</sup> such as high blood pressure or growth problems, which can indicate other underlying health conditions. So, when you schedule this year's physical, you can expect routine measures and plan to

discuss age-appropriate topics that might give you and your child the opportunity to discuss difficult issues and how they may affect their health. Here's what you can expect at a routine physical:

- a medical history (questions about the child's past and current health as well as that of his/her family);
- check of the heart and lungs;
- check of the eyes, ears, nose, and throat;
- examination of the back, joints, and extremities;
- assessment for genital abnormalities or hernias;
- inspection of the skin<sup>3</sup>;
- measurements of height and weight;
- blood pressure check;
- any immunizations that are due (see recommendations); and
- vision and hearing screening (every few years).<sup>2</sup>

Other tests that may be included are:

- scoliosis screening,
- blood count (to check for anemia),
- urine analysis (to check for an undetected infection or protein).<sup>2</sup>

Difficult topics to discuss include:

- safety around strangers,
- driving issues,
- body image, and
- nutrition.<sup>2</sup>

Talking with a physician can be a positive way to facilitate conversation with your child about his/her health and some of the challenges that he/she may face during the school year.

## Illness Prevention Keeping kids well

Unfortunately, along with the start of school often comes the onset of contagious illnesses. Childhood illness may not affect a family until a child starts child care or school. After that, it may seem to the family that the child is sick all the time. "This pattern is normal as [the] child builds a robust immune system. Resistance to infection develops only after exposure to a multitude of germs."<sup>4</sup> "A child's immunity improves with time. School-age children gradually become less prone to common illnesses and recover more quickly from the diseases they do catch."<sup>4</sup> Currently, the top five contagious diseases are:

- colds,
- stomach flu (gastroenteritis),
- ear infection (otitis media),
- pink eye (conjunctivitis), and
- sore throat.<sup>4</sup>

Other common contagious conditions include:

- chicken pox,
- ringworm,
- head lice, and
- impetigo.<sup>5</sup>

More serious contagious conditions include:

- meningitis,
- hepatitis, and
- HIV/AIDS.<sup>5</sup>

To learn more about these illnesses, see the handout, [Types of Contagious Illness](#).

The number one thing you and your children can do to prevent contagious diseases is to **wash your hands**. Proper handwashing is a skill that you can teach your children and family members, which can go a long way in preventing illness. Germs multiply rapidly in warm, moist places. When objects or hands touch places where there are a lot of germs (like at school), they pick up the germs, which then enter the body through the nose, eyes, mouth, and/or broken skin.<sup>5</sup> For this reason, the hands are a primary avenue for the transport of germs into the

## 2007 Immunization Recommendations

- Childhood schedule (ages 0–6) [http://www.cispimmunize.org/IZSchedule\\_Childhood.pdf](http://www.cispimmunize.org/IZSchedule_Childhood.pdf)
- Adolescent schedule (ages 7–18) [http://www.cispimmunize.org/IZSchedule\\_Adolescent.pdf](http://www.cispimmunize.org/IZSchedule_Adolescent.pdf)
- Catch-up schedule (for children and adolescents who start late or are more than 1 month behind) [http://www.cispimmunize.org/IZSchedule\\_Catchup.pdf](http://www.cispimmunize.org/IZSchedule_Catchup.pdf)

Handwashing is the number one way to prevent the spread of contagious disease.

body. In fact, handwashing is the number one way to prevent the spread of contagious disease. This message

cannot be emphasized enough to teachers, staff, parents, and children. Simply running hands under water for a couple of seconds and drying them on a towel, however, is not enough. Share and emphasize the following handout, [Guidelines for Handwashing](#).<sup>6</sup>

For those times when your child does show signs of illness, one of the hardest things for a parent to decide is if or when a child can return to school. Here's a "cheat sheet on common symptoms" from Dr. Nancy Dickey<sup>11</sup> that may help:

- **Running nose** — If a runny nose is your child's only symptom (and your child does not act ill or have a fever over 101 °F), it is okay to send him to class.

- **Ear infection** — Unless the pain from the infection or a temporary loss of hearing keeps your child from participating in class, it is fine for him to go to school. Ear infections are not contagious.
- **Cough** — If your child's cough is not productive (a dry cough, not coughing up phlegm), and she does not have a fever over 101 °F, there is no need to keep her home.
- **Vomiting, Diarrhea** — If your child has had either symptom more than once within 24 hours, it is best to keep him home. Since dehydration is often a complication after bouts of either symptom, make sure to take precautions.<sup>11</sup> For more information, see [Sick Kids – When to Keep Your Child Home](#).

Remember, these are simply guidelines. Each child is different and has different needs. Schools may also have policies that differ from these guidelines.

## Injury Reduction Strategies for safety

The beginning of school also means the beginning of physical education (PE), athletics, and other outdoor recreation. Primary health concerns in this area are about injuries, including heat-related injuries for southern states.

"Nearly 4 million children and adolescents are injured at school each year."<sup>12</sup> "Approximately 715,000 sports- or recreation-related injuries occur in and

around schools each year,”<sup>13</sup> and “approximately 13,000 playground equipment-related injuries occur on school playgrounds during school hours.”<sup>13</sup>

Emphasize the following general rules around playground equipment to reduce injuries:

- Always make sure there is an adult supervisor present before playing on the playground equipment.
- Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.
- Use equipment properly – slide feet first, don’t climb outside guardrails, no standing on swings, etc.
- If you jump off equipment, make sure that you check that there are no other children in the way. When you jump, land on both feet, with knees slightly bent.
- Leave bikes, backpacks, and bags away from the equipment and the area where you’re playing so that no one trips over them and falls. (See the handout, [Oh, My Aching Back.](#))
- Playground equipment should never be used if it is wet because moisture causes the surface to be slippery.
- During the warmer months, playground equipment can become uncomfortably or even dangerously hot, especially metal slides. So use good judgment – if the equipment feels hot to the touch, it’s probably not safe or fun to play on.
- Don’t wear clothes with drawstrings or other strings at



the playground. Drawstrings, purses, and necklaces can get caught on equipment, causing accidental strangulation.

- Wear sunscreen when playing outside, even on cloudy days, so you don’t get sunburned.<sup>14</sup>

Emphasize the following guidelines<sup>3</sup> to minimize injury risks during athletics (sports or PE):

- Get a preseason physical examination.
- Be in the proper physical condition to play the sport.
- Know and abide by the rules of the sport.

- Wear the appropriate protective gear for the sport.
- Know how to use athletic equipment properly.
- Warm up before playing, and cool down afterwards.
- Avoid playing when very tired or in pain.<sup>3</sup>
- Have adequate water or other liquid available for maintaining proper hydration.<sup>15</sup>

For further information, see the following handouts: [Tips for Reducing Risk of Injury](#) and [Resources](#).

## Handwashing & Hand Sanitizers

Hands should be washed with liquid soap and water when possible, but an **alcohol-based hand sanitizer** can be helpful as a supplement or substitute when soap and water are not available. Look for a hand sanitizer with at least 60 percent alcohol in it.<sup>7</sup> Follow the manufacturer’s directions. Generally, directions for hand sanitizers require placing enough hand sanitizer (usually a small amount) in the palm of your hand to thoroughly cover your entire hand and rubbing your hands together until dry.<sup>8</sup>

Recently, through e-mail, the use of hand sanitizers, which typically contain ethyl alcohol as their prime ingredient to kill germs, have come under scrutiny when it was claimed that the ingestion of such a sanitizer caused a 4-year-old girl to become intoxicated or poisoned to some degree. The little girl had gotten a bottle of sanitizer and swallowed a small amount (amount not determined in the report). According to comments from a physician, 1 tablespoon of sanitizer could cause a child to show signs of intoxication or poisoning, such as sleepiness, drowsiness, depressed respiration, nausea, or vomiting. The physician also stated, however, that hand sanitizers are still safe to use on small children, but they should be administered by teachers and parents with care – making sure the child does not put it in his or her mouth. Hand sanitizers should be treated like any medicine or cleanser and kept out of the reach of children.<sup>9</sup>

Note: **Plain, liquid soap and water are best.** Liquid soap is more sanitary than bar soap where multiple people will be using the soap. **Antibacterial soaps are NOT needed.** Antibacterial soaps may contain triclosan, a chemical that kills both bad and good bacteria. While bad bacteria can make you sick or cause infection, good bacteria can help you. The triclosan in antibacterial soaps may change the balance of bacteria on your skin and may even make bacteria harder to kill.<sup>10</sup>



## Proper Rest

### Getting enough sleep

Proper rest is essential for good performance physically and academically. Recently, “researchers surveyed 280 students at a suburban high school outside of Philadelphia. The students start their school day at 7:30 a.m. and finish at 2:25 p.m. The survey found that:

- 78 percent of the students said they found it difficult to get up in the morning.
- Only 16 percent said they felt they got enough sleep.
- 70 percent said they believed their grades would improve if they had more sleep.
- 90 percent felt their academic performance would improve if school started later in the morning.
- Many students said they did not feel alert taking tests during early morning classes and don’t think they’re at the peak of their academic ability at that time.
- Most of the teens said the best time to take tests would be from 11 a.m. to 1 p.m.

“Teenagers need more sleep than adults [8–9 hours vs. 7–8], and their circadian rhythms are phase shifted so that their ideal bedtime is midnight to 1 a.m.; yet they have to get up at 6:30 or earlier for high school,” study author Dr. Richard Schwab, of the University of Pennsylvania, said in a prepared statement.<sup>18</sup>

Though working with school systems to shift the start time may be helpful, working with your child to be sure he/she gets enough sleep is essential. Try to have a regular routine to help relax your

child and help him or her get to sleep and stay asleep for enough hours to feel well rested. Use the general guidelines below to be sure your child gets enough sleep.

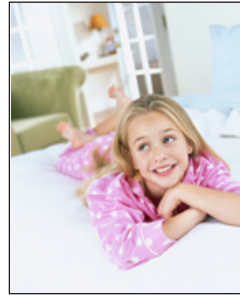
The amount of sleep we need depends on many factors, including age, and varies from person to person. Generally, however, sleep requirements can be approximated as follows:

- Children aged 6–9 need between 10–12 hours of sleep.
- Children aged 10–12 need about 10 hours of sleep.
- Teenagers need approximately 8–9½ hours of sleep.<sup>19</sup>

“It can be tempting for teens to sacrifice sleep to squeeze studying and other activities into an already full day. But less sleep does not equal more time. Research shows that sleep deprivation in teens – even if they are consistently getting just a few hours less than they need each night – can impair their ability to learn and hurt their overall performance.

Research shows that sleep deprivation impairs:

- ability to pay attention;
- verbal creativity and effective communication;
- abstract thinking;
- creative problem-solving and innovation;
- mental sharpness (the sleep-deprived person is more vulnerable to misleading remarks and has more difficulty with complex, ambiguous material);



- decision-making involving the unexpected;
- adaptive learning that involves retrieving knowledge from long-term memory, adding to that knowledge, and using it to solve problems; and
- overall mood and motivation.

Studies also show that when learning certain types of tasks, those who get a good night’s sleep afterward perform better when tested the next day than those who get insufficient sleep. In fact, researchers have found that after a person learns new information, there is activity in the same area of the brain during sleep, and there is improvement in memory performance when the person is tested the next day. So getting a good night’s sleep after learning something new is a crucial step in organizing new information and strengthening recent memories.”<sup>20</sup>

For more information on sleep, see [HealthHints: Sleep](#).

### Keeping Kids Healthy ...throughout the year

Remember, starting our kids out with a thorough physical examination, information on preventing illness and reducing injuries, and helping them get proper rest can go a long way in preparing them for the physical and mental challenges of a new school year. Read the next issue of *HealthHints* for more back-to-school ideas, including mental preparation, food preparation, and transportation preparation.

To view the references used in this newsletter, go to:  
<http://fcs.tamu.edu/health/healthhints/2007aug/ref.php>

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## Types of Contagious Illness

### Top 5 Culprits that Keep Kids Home from School

1. **Colds** – More than 200 different viruses are known to cause the symptoms of the common cold. Some occasionally produce serious illnesses. Others produce mild infections in adults but can precipitate severe lower respiratory infections in young children. Children have about 6–10 colds per year, while adults average about 2–4 colds per year.
2. **Gastroenteritis** – Commonly called “**stomach flu**,” though not akin to the flu for which we can be vaccinated, gastroenteritis is characterized by vomiting and diarrhea, which can lead to dehydration, particularly in young children. Gastroenteritis can be caused by viral, bacterial, or parasitic infections; however, viral gastroenteritis is highly contagious and is responsible for the majority of outbreaks in developed countries.<sup>4</sup>
3. **Ear Infections** (otitis media) – Respiratory illnesses, such as colds and allergies, cause congestion, which may squeeze shut a child’s eustachian tube – the tiny drainage pipe for the middle ear. Fluid trapped in the middle ear can become a breeding ground for viruses or bacteria (that’s why some ear infections go away on their own [viral] and some require antibiotics [bacterial]).<sup>1</sup> Although the ear infection itself is not contagious, a respiratory illness that causes the ear infection can be. Ear infections can be very painful, and the child should be kept comfortable during this period. If your child has not had fever for two days, is beyond the point of serious pain, and is not suffering from hearing loss, it is fine to send the child back to school.<sup>15</sup>
4. **Pink eye** (conjunctivitis) – Pink eye can be a viral or bacterial infection that results in inflammation of the clear membrane that covers the white part of the eye and lines the inner surface of the eyelids.<sup>1</sup>
5. **Sore throat** – Most sore throats are caused by viruses, but about 15 percent of children’s sore throats are caused by streptococci – the bacteria

that causes strep throat. Fevers above 101 °F are common in strep throat, and swallowing can be so painful that the child may have difficulty eating.<sup>1</sup>

### Other Common Illnesses among Children

- **Chicken pox** – Itchy, fluid-filled blisters caused by a virus.<sup>5</sup>
- **Ringworm** – Skin infection caused by a fungus (not by a worm).<sup>6</sup>
- **Head lice** – Tiny insects that infest the hair of the scalp and sometimes eyebrows and eyelashes, resulting in intense itching and sometimes red bumps that become crusty and ooze.<sup>7</sup>
- **Impetigo** – Skin disorder caused by bacterial infection and characterized by crusty skin lesions. Typically, the infection begins as a cluster of tiny blisters, followed by oozing and the formation of a thick, honey or brown-colored crust that is firmly stuck to the skin.<sup>2,8</sup>

### Contagious Diseases of a More Serious Nature

- **Meningitis** – Viral or bacterial infection that causes inflammation of the membranes covering the brain and spinal cord. Symptoms may include fever and chills, nausea and vomiting, stiff neck, sensitivity to light, and mental status changes.<sup>9</sup>
- **Hepatitis** – Inflammation of the liver, which can be caused by an infection from parasites, bacteria, or viruses (such as hepatitis A, B, or C). Symptoms may include dark urine and pale or clay-colored stools, loss of appetite, fatigue, abdominal pain or distention, general itching, jaundice, nausea and vomiting, low-grade fever,<sup>10</sup> weight loss, and breast development in males.
- **HIV/AIDS** – Viral infection caused by human immunodeficiency virus (HIV) that gradually destroys the immune system, resulting in infections that are hard for the body to fight. Any symptoms of illness may occur since

infections can occur throughout the body. Most individuals infected with HIV progress to AIDS (acquired immuno-deficiency syndrome – the most serious stage of HIV disease, which causes severe damage to the immune system) if not treated. People infected with HIV, however, may have no symptoms for up to 10 years, but they can still transmit the infection to others. The immune system gradually weakens until they are diagnosed with AIDS.<sup>2, 11, 12</sup>

## Modes of Transmission

Different types of contagious disease are transmitted in different ways:

- Through the **air** (i.e., breathed in through the respiratory system). Respiratory infections, such as colds and flu, are responsible for most illnesses. Other illnesses that are spread by airborne droplets include chickenpox, hand-foot-mouth disease, measles, mumps, whooping cough, and rubella.
- Through the touching of **feces** or items contaminated with feces (which is then transported through the mucous membranes by touching the mouth, nose, etc.). Some examples of illnesses spread through fecal/oral transmission include viral enteritis, E coli 0157:H7, Giardia, Cryptosporidiosis, Shingella, Salmonella, or Hepatitis A.
- Through the touching of **blood** or **body fluid** of an infected person with a non-infected person. HIV, Hepatitis B, and Hepatitis C are some examples of diseases transmitted through direct contact with the blood/body fluids of an infected person.
- Through **direct contact** with the virus, bacteria, or parasite by touching the skin or body fluids (nasal or oral secretions) of an infected person. Skin infections and infestations such as impetigo, lice, scabies, ringworm, and herpes simplex are generally transmitted through direct contact. Contact with nasal and oral secretions can spread illnesses such as chicken pox, influenza, measles, meningococcal meningitis, mumps, whooping cough, rubella, and pink eye.<sup>13, 14</sup>

Handwashing is your first line of defense against all contagious illness. For more helpful information on reducing illness and infection see the following *HealthHints* issues:

*Reducing Contagious Illness in the Child Care Setting* and *MRSA – Antibiotic Resistant Staph Infection*.

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## Guidelines for Handwashing

### When Hands Should Be Washed

Hands should always be washed at the following times:

- Before and after:
  - eating or handling food,
  - giving medication, and
  - playing in water that is used by more than one person.
- After:
  - diapering;
  - using the toilet or helping a child use the toilet;
  - handling bodily fluid (mucus, blood, vomit), from sneezing, wiping and blowing noses, from mouths, or from sores;
  - handling uncooked food, especially raw meat and poultry;
  - handling pets and other animals;
  - playing in sandboxes; and
  - cleaning or handling the garbage.<sup>1</sup>

### Steps for Handwashing

Children and staff members should wash their hands using the following method:

1. Check to be sure a clean, disposable paper (or single-use cloth) towel is available.
2. Turn on warm water, no less than 60 °F and no more than 120 °F, to a comfortable temperature.
3. Moisten hands with water, and apply liquid soap to hands.
4. Rub hands together vigorously until a soapy lather appears, and continue for at least 10–15 seconds. Rub areas between fingers, around nailbeds, under fingernails, jewelry, along back of hands

and up wrists.<sup>2</sup> For young children, who cannot understand the amount of time recommended, have them sing the alphabet (abc) song, twinkle, twinkle little star, or twice through the happy birthday song.<sup>3</sup>

5. Rinse hands under running water, no less than 60 °F and no more than 120 °F, until they are free of soap and dirt. Leave the water running while drying hands.
6. Dry hands with a clean, disposable paper or single-use cloth towel.
7. If taps do not shut off automatically, turn taps off with a disposable paper or single-use cloth towel.
8. Throw the disposable paper towel into a lined trash container; or place the single-use cloth towels in the laundry hamper; or hang individually labeled cloth towels to dry. Use hand lotion to prevent chapping of hands, if desired.<sup>1</sup>



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## Oh, My Aching Back! Choosing a backpack

Backpacks are a popular and practical way for children and teens to carry their books and supplies. Backpacks that are too heavy or worn incorrectly, however, can cause severe back, neck, and shoulder pain, as well as posture problems. The guidelines below from the American Academy of Orthopaedic Surgeons<sup>1</sup> can help.



Look for the following when choosing a backpack:

- Wide, padded shoulder straps. Narrow straps can dig into shoulders, which can cause pain and restrict circulation.
- Two shoulder straps. Backpacks with one shoulder strap that runs across the body cannot distribute weight evenly.
- Padded back. A padded back protects against sharp edges from objects inside the pack and increases comfort.
- Waist strap. A waist strap can distribute the weight of a heavy load more evenly.
- Lightweight backpack. The backpack itself should not add much weight to the load.
- Rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks must be carried up stairs.<sup>1</sup>

To prevent injury when using a backpack, do the following:

- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

- Tighten the straps so that the pack is close to the body. The straps should hold the pack two inches above the waist.
- Pack light. The backpack should never weigh more than 20 percent of the student's total body weight.
- Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.
- Stop often at school lockers and remove items you don't need, if possible. Do not carry all of the books needed for the day.
- Bend using both knees, when you bend down. Do not bend over at the waist when wearing or lifting a heavy backpack.
- Learn back-strengthening exercises to build up the muscles used to carry a backpack.<sup>1</sup>

Finally, don't forget to remind your child to keep backpacks off the floor and refrain from using them to hit each other, which, according to a recent study, could prevent more than 40 percent of backpack-related injuries.<sup>2</sup>

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## Tips for Reducing Risk of Injury

- Get a preseason physical examination (PPE). The pre-participation physical is not meant to disqualify your child from sports but to be sure your child can safely participate.
- Be in proper physical condition to play the sport. Develop a pre-participation fitness routine that builds overall strength, endurance, and flexibility.
- Know and abide by the rules of the sport. Help your child review the rules of the sport. Make sure he/she understands the rules for his/her safety, sportsmanship, and effective play of the game.
- Wear appropriate protective gear for the sport (e.g., shin guards for soccer, hard-shell helmet when facing a softball or baseball pitcher, helmet with face mask and body pads for football, etc.). Make sure equipment is up-to-date and fits your child properly.
- Know how to use athletic equipment properly. This includes protective gear and work-out equipment, such as weight training equipment.
- Warm up before playing and cool down afterwards. Gentle stretching of the arms and legs before and after a game is an essential tool for preventing injury.
- Avoid playing when very tired or in pain. Remind your child to report any pain felt during practice or competition. Close observation and quick response to pain can help your child avoid the emergency room and enjoy the sport to its fullest. Also, talk with your child about avoiding inflated expectations (and, as a parent, don't create expectations that are too high). When a child feels pressured by peers, coaches, or parents, he/she may try to play through the pain, promoting further injury.
- Make sure there is adequate water or other liquid for maintaining proper hydration. Peak performance requires unlimited access to water during hot weather. Dehydrated athletes can suffer severe medical complications.

### Sources:

1. Mayo Clinic (1998). Pre-participation physicals: Making sure a young athlete can play safely [on-line]. Available: <http://www.mayoclinic.com/findinformation/conditioncenters/invoke.cfm?objectid=2237B71A-8AA6-4132-BC97F02D6982CE1D>
2. Clark, N. (1997). Nancy Clark's Sports Nutrition Guidebook, (2nd edition). Brookline, MA: Human Kinetics.



## Resources

- *HealthHints*: Heat [http://fcs.tamu.edu/health/Health\\_Education\\_Rural\\_Outreach/Health\\_Hints/2006/september06/heat.pdf](http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/Health_Hints/2006/september06/heat.pdf)
- *HealthHints*: Safety in Sports [http://fcs.tamu.edu/health/Health\\_Education\\_Rural\\_Outreach/Health\\_Hints/2002/september/safety\\_in\\_sports.pdf](http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/Health_Hints/2002/september/safety_in_sports.pdf)
- *HealthHints*: MRSA – Antibiotic-Resistant “Staph” Infection <http://fcs.tamu.edu/health/healthhints/2007nov/mrsa.pdf>
- Playground Safety [http://www.kidshealth.org/parent/firstaid\\_safe/outdoor/playground.html](http://www.kidshealth.org/parent/firstaid_safe/outdoor/playground.html)
- Preventing Sports Injuries: Tips for Back-to-School Athletes [http://www.medem.com/search/article\\_display.cfm?path=\\TANQUERAY\M\\_ContentItem&mstr=/M\\_ContentItem/ZZZKF5I8OKD.html&soc=AAPMR&srch\\_typ=NAV\\_SERCH](http://www.medem.com/search/article_display.cfm?path=\\TANQUERAY\M_ContentItem&mstr=/M_ContentItem/ZZZKF5I8OKD.html&soc=AAPMR&srch_typ=NAV_SERCH)
- Childhood Sports Injuries and Their Prevention [http://www.medem.com/search/article\\_display.cfm?path=\\TANQUERAY\M\\_ContentItem&mstr=/M\\_ContentItem/ZZZ9QVSHDYD.html&soc=NIH&srch\\_typ=NAV\\_SERCH](http://www.medem.com/search/article_display.cfm?path=\\TANQUERAY\M_ContentItem&mstr=/M_ContentItem/ZZZ9QVSHDYD.html&soc=NIH&srch_typ=NAV_SERCH)
- Safety and School Athletics: Can You Recognize a Concussion? [http://www.medem.com/search/article\\_display.cfm?path=\\TANQUERAY\M\\_ContentItem&mstr=/M\\_ContentItem/ZZZ244G9OKD.html&soc=AAPMR&srch\\_typ=NAV\\_SERCH](http://www.medem.com/search/article_display.cfm?path=\\TANQUERAY\M_ContentItem&mstr=/M_ContentItem/ZZZ244G9OKD.html&soc=AAPMR&srch_typ=NAV_SERCH)
- Protecting Your Child with Safety Gear [http://www.medem.com/search/article\\_display.cfm?path=\\TANQUERAY\M\\_ContentItem&mstr=/M\\_ContentItem/ZZZ0XONBCSC.html&soc=ASPS&srch\\_typ=NAV\\_SERCH](http://www.medem.com/search/article_display.cfm?path=\\TANQUERAY\M_ContentItem&mstr=/M_ContentItem/ZZZ0XONBCSC.html&soc=ASPS&srch_typ=NAV_SERCH)
- Play Safe and Clean: How to Prevent the Spread of Communicable and Infectious Diseases in Secondary School Sports <http://www.nata.org/newsrelease/archives/000543.htm>



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