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San Antonio ourKids Magazine



Fitness

How To Be A Fitness
Role Model To
Your Kids

Return To Sports
After Multiple
Concussions?

Sports Edition



March 2023 // Vol. 38 No. 3

7

Types of Sports
For Your Kid

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A note from the publisher

This month, we are dedicating our magazine to sports! You'll find useful information about keeping your kids safe when playing sports, the different types of sports they can play, and what to do when they don't make the team. We threw in a story about how you can be a fitness role model for your kids, which may in turn help you! Look for our ad promoting job opportunities at OurKids!



Andres Flores

Sports can be dangerous! Author Cheryl Maguire tells us what to consider when our child has suffered an injury on the field.

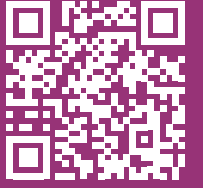
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Calendar

To see more upcoming events, follow the QR code or visit our website at ourkidsmagazine.com



Hidden Figures | H-E-B Cinema on Will's Plaza
March 10
Opens 6:30 pm

Hidden Figures- Cinema on Will's Plaza – FREE EVENT The Will Naylor Smith River Walk Plaza opens at 6:30 PM. The movie begins at 7:30 PM. Full concessions and bar available. Please bring your lawn chair or blanket.



Fest Of Tails: Free Kite Festival and Dog Fair
March 11
10:00 am - 4:00 pm

Come out and celebrate Spring with family fun in the park at the 16th Annual Fest Of Tails! Fest Of Tails is a free kite festival and dog fair. This event welcomes qll near and far! All guests are encouraged to bring a blanket or lawn chair.



Kids Coding Club by Seguin Public Library
March 22
4:30 pm - 5:30 pm

Learn the basics of coding using the Scratch program on library laptops. Bring your own laptops or use ours. We will also use other fun coding toys, tools, and activities. Create games, animate new pets, or make your own story!



San Antonio Folklife & Dance Festival
March 25 & 26
12:00 pm - 5:30 pm

Rolling Oaks Mall is the venue host for the FREE showcase of folklife & dance performances for our 65th year festival. Celebrate diversity and culture with dance presentations, vendors, music , food & more at this free family friendly folklife event.



Free Family Nights at The DoSeum
April 3
5:30 pm - 7:30 pm

Explore The DoSeum's fun interactive exhibits alongside your family for free! A link for ticket reservations will be posted on thedoseum.org at 8 AM the morning of Free Family Night. Registration is on a first-come, first-served basis.

Reach the publisher:
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Story by
Cheryl Maguire

Should Your Child Return To Sports After Multiple Concussions?

Christopher Adams' sixteen-year-old son has always loved playing hockey. But two years ago, he received his first concussion when he slammed his head against the rink glass even though he wore a helmet. Adams, 52, owner of ModestFish in Florida says, "My son started playing hockey when he was just seven, so it's been a lifelong passion of his—there is no doubt he wants to keep playing."

This year Adams' son got his second concussion towards the end of the season. Both times his doctor recommended that he take some time off. Adams says, "He is very good at what he does, and we don't want to hold him back, but it is also our job to protect him."

Next year Adams will be faced with the decision of whether he should allow his son to play hockey again. He says, "As he gets older, the competition gets fiercer, so does his chance for injury. It's up in the air now if he will play again next season or not."

The Center for Disease Control and Prevention (CDC) defines a concussion as a traumatic brain injury caused by a bump, blow, or jolt to the head. A 2017 survey found that 15.1% of students reported having at least one concussion related to sports and 6.0% reported having two or more. After a child is cleared by a doctor to

return to sports, parents must decide if they should allow their child to be on the team since there is a risk that it could happen again.

Before making this decision Vincent E. Schaller, MD, creator of the Mid-Atlantic Concussion (MAC) Alliance says that it is important for your child to receive the correct objective diagnostic assessments to screen for a concussion. He recommends that doctors use the ImpACT Concussion test, Vestibular Ocular Motor Screen (VOMS) and Right-Eye Infrared Eye Tracking. "If a patient goes to their doctor and they do what's called the

gross neurological exam, it will not detect a concussion," he says.

Some hospitals like Boston Children's hospital have sports concussion clinics that can properly assess and treat kids who experienced concussions. Or you might be able to find a specialized clinic but it is important to see a specialist who can identify and treat the symptoms.

Schaller explains that if you send a kid back into the field when they aren't fully recovered they are statistically three to four times at an increased risk for

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concussion because their brain isn't functioning well. He stresses the importance of being fully recovered before even considering allowing your child to return to playing the sport. He also suggests using the 5 Stage UPMC Concussion Recovery Program which takes at least 2 weeks to complete.

Parents may want to consider the possible long-term effects of concussions when figuring out if they should allow their child to return to sports. Schaller says that some possible long-term effects which could occur after one or multiple concussions are migraines, memory loss, tremors, seizures, and new onset of anxiety, depression and/or ADHD. The number of concussions that a child receives isn't significant. What is important is how the person recovers and scores on the objective tests.

"I've had patients who I followed that had concussions from middle school, through high school, through college who had five concussions, but they were spread apart by at least three months, each one's

fully recovered with all of the objective measurements back to normal. And they're functioning beautifully as an adult with a job in the real world," he says.

Parents should be on the lookout for symptoms that are not typical of a concussion. "Parents can educate themselves about the signs and symptoms of a concussion, not just within 24 hours with the vomiting and the headache," says Schaller. He then explains the importance of paying attention to other symptoms like, "The subtle ones, that could pop up months or weeks later from a concussion like anxiety and depression symptoms. Or kids just not behaving like themselves, like their grades are dropping. Things that only a parent could easily know."

Many kids want to return to their sports even though they had multiple concussions. "If you do treat each concussion to full recovery and they're over three months apart you can play all the sports you want, as long as each time you get a concussion, you fully recover," says Schaller.

Bio: Cheryl Maguire holds a Master of Counseling Psychology degree. She is married and is the mother of twins and a daughter. Her writing has been published in The New York Times, National Geographic, Washington Post, Parents Magazine, AARP, Healthline, Your Teen Magazine, and many other publications. She is a professional member of ASJA. You can find her at Twitter @ CherylMaguire05



Publisher note: When my cousin Jorgie Suarez, 24, was in high school, he suffered a concussion while playing football. He attempted to tackle a larger opponent but ended up hurting himself. Suarez ultimately decided to give up football, instead opting for basketball. He had read about NFL players who were suffering from Chronic traumatic encephalopathy (CTE) and didn't want to suffer the same fate. Suarez stated that things could be done to safely play, and rules had been put in place by the school to keep kids safe. Still, he had reservations about continuing to play. Despite his experience Suarez believes that a child should participate in the decision to play a high-impact sport. If they have a love for the game, he believes it's ultimately their choice to play. We all want kids to be safe, so I urge you to talk to your child about the risks and find a middle ground on what sports your child can participate in. You can each learn about how risks can be remediated or lessened.



7 Types of Sports Your Child Might Choose To Participate In

Story by
Andres Flores

As children grow, they tend to develop their own preferences, including when it comes to sports. Some may enjoy the thrill of fast-paced activities while others might prefer calmer, more strategic sports. This article will explore different types of sports and explain why a child might prefer one over the other.

1. Team Sports

Team sports are activities that require coordination and cooperation among team members. These include soccer, basketball, volleyball, and football. Children who are extroverted and thrive in social situations may be drawn to team sports. These

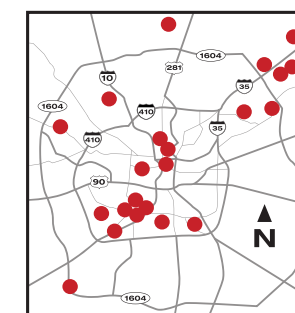
activities offer the chance to build relationships with other kids, develop teamwork skills, and work towards a common goal. Furthermore, team sports also help children build self-confidence and leadership skills, as they learn to take on roles and responsibilities within their team.



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2. Individual Sports

Individual sports are activities where a child competes alone or against another person, such as tennis, gymnastics, and swimming. Kids who are more introverted or prefer to work independently may be drawn to these sports. These activities offer a chance for children to focus on their own performance and improve their skills without relying on others. Furthermore, individual sports help children build resilience, self-discipline, and self-motivation as they push themselves to improve.

3. Contact Sports

Contact sports, such as football, hockey, and rugby, involve physical contact between players. Children who are more physically active and enjoy the adrenaline rush of physical competition may be drawn to these sports. These activities offer a chance to develop strength, agility, and endurance, and they also require a high level of mental toughness. Furthermore, contact sports can teach children valuable life lessons about perseverance and overcoming obstacles.

4. Non-Contact Sports

Non-contact sports, such as

swimming, track and field, and golf, do not involve physical contact between players. These activities offer a chance for children to develop their physical abilities in a more peaceful and serene environment. Kids who enjoy the beauty of nature and quietness may be drawn to these sports. Additionally, non-contact sports offer opportunities to develop mental focus and resilience, as they often require intense concentration and self-discipline.

5. Extreme Sports

Extreme sports are activities



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that are high-risk and often involve danger, such as snowboarding, skateboarding, and surfing. Children who are thrill-seekers and enjoy taking risks may be drawn to these sports. These activities offer a chance to push boundaries, overcome fears, and achieve a sense of accomplishment. Extreme sports also require a high level of mental and physical toughness, as they can be physically and mentally demanding.

6. Mind Sports

Mind sports, such as chess, bridge, and board games, are activities that require strategic thinking and mental focus. Children who enjoy puzzles, strategy games, and problem-solving may be drawn to these sports. These activities offer a chance to develop analytical skills, critical thinking, and decision-making abilities. Furthermore, mind sports can teach children valuable life lessons about patience, persistence, and adaptability.

7. Water Sports

Water sports, such as swimming, kayaking, and surfing, involve physical activity in or on water. Children who enjoy the beach and being in the water may be drawn to these sports. These activities offer a chance to develop physical abilities and water safety skills. Furthermore, water sports can teach children valuable life lessons about respect for nature, teamwork, and risk assessment.

In conclusion, there are different types of sports that can appeal to children for various reasons. Whether they enjoy team sports, individual sports, contact sports, non-contact sports, extreme sports, mind sports, or water sports, children can benefit from the physical and mental challenges that come with sports. Additionally, sports can teach children important life skills such as teamwork, discipline, resilience, and leadership. Encouraging children to try different types of sports can help them

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When They Don't Make the Team

Story by Sarah Lyons

Being part of a team is a great experience for kids and helps them build social skills, make friends, and build confidence. However, when your child tries out for the team and doesn't make it, this can cause a lot of disappointment and feelings of inadequacy. This not only applies to athletics, but can also include other activities like theater, musical ensembles, dance team, and robotics. The reality is, there are only so many open spaces on a team and some make it and some don't. How can parents support and encourage their child when they are cut from the team?

Allow time for feelings

It takes a lot of hard work to try out for a team. Perhaps your child had to step out of their comfort zone to give it a try or maybe they were cut from a team they have been part of in the past and are feeling rejected. Your child may have feelings of anger, confusion,



sadness, or disappointment. Take time to validate their feelings. "As a junior who played volleyball every year, it was hard for her to be cut from the team." said Kerri Arnold, mom of three. "I just hugged her and let her be sad. Later, she was able to go to the games and support her friends!" Our first response as parents may be to jump in with a negative comment about the coach or to make excuses. Instead, listen to them vent and allow them to explain their feelings. Give them a hug and say things like "That must hurt." or "What can I do to support you?" which will let your child



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know you are behind them. Your child may not want to talk. If this is the case, give them space and let them know that you are there when they are ready.

Give encouragement

Once your child has had some time to process what happened, sit down and talk to them about it. Let them know that you are proud of them for all their hard work. Talk about what they learned from the experience, if they had fun, and what they could do better next time. This doesn't mean your child has to give up on a sport or activity they love, it just means they won't be on this team this year. "I think you can try to frame it as a positive for trying and then evaluating what they could do to make the team next year." said Kara Thomas. "I find with my teen, he just needs some alone time to process it and doesn't want me breaking it down with him like I might have done when he was younger. Now, I ask how I can support him and let him lead." You can encourage them to continue to improve and look for an alternative team in the community. Let your child know that their worth is not based on whether they make a team or are good at an activity. Give them reasons they are valued and point out some of their strengths both in the activity and outside of it.

Talk honestly with your child

It is a good idea to have an honest conversation with your child about the reality of sports and activities. They are competitive, especially school activities where the population of the school is large but the number of available places on a team is small.

Your child doesn't have to give up because they didn't make it. Coaches have to consider many factors when choosing players and it may simply be about timing. It may help your child to talk to the coach about their reasons for making the decisions they did.

Your child can also ask what they can improve on for next time. Let your child know that many athletes that went on to become professional players didn't make their high school teams. Similarly, there are famous actors that didn't make their high school plays and popular authors who had their books rejected dozens of times before getting published. (An internet search can give you lists to show your child.) Rejection is difficult but it is also a fact of life. While we can't protect our children from it, we can encourage them to use it as motivation to improve their skills and try again.

As you work through your child's feelings and disappointment, they will realize that time helps them reflect on the situation. Being cut from the team is difficult but it also gives your child a moment to reflect. Is this the sport for them or would they like to try something else? If they do stick with it, why do they think they were cut from the team? What advice does the coach have for next time? Is there another team your child can try out for? How will they work on sharpening their skills for next time? Surely they aren't the only child who was cut from the team, so is it possible to form another team made up of those players? Most importantly, is the sport fun, and if it is, how can they find a way to enjoy it? Encourage your child to take the experience, learn from it, and turn it into something positive.



How To Be A Fitness Role Model To Your Kids

Story by
Sandi Schwartz



As we all know, being a parent is the most important job in the world. Our children look up to us for guidance on everything in life, even if we don't realize it. One way that you can be a positive role model to your kids is in the area of fitness. Staying fit is critical to our health and well-being—including our mental health and happiness. We can help shape our children's views on exercise by modeling healthy behavior and making fitness a fun part of our family's daily routine.

Why Exercise Is Important For Managing Stress and Anxiety

Experts have found a clear link between exercise and stress reduction. Harvard scientists concluded that "Regular aerobic exercise has a unique capacity to exhilarate and relax, to provide stimulation and calm, to counter depression and dissipate stress." According to the Anxiety and Depression Association of America, some studies show that consistent exercise can be just as effective as medication for some people to reduce symptoms of anxiety. Other research shows that physically active people have lower rates of anxiety than those who do not exercise. In one study, researchers found that those who got regular vigorous exercise were 25 percent less likely to develop depression or an anxiety disorder over the next five years.

Here are several ways in which exercise helps reduce stress and anxiety:

Produces Endorphins. When we exercise, our body releases feel-good neurotransmitters called endorphins.



These chemicals in our brain act as natural painkillers, making us feel better and less stressed. Endorphins are responsible for the natural high we get from a hard workout.

Reduces Stress

Hormones. Exercise reduces the level of stress hormones in our body like adrenaline and cortisol, helping us feel calmer.

Minimizes Fatigue. Exercise improves blood flow and our body's ability to use

oxygen efficiently. These changes in our brain then reduce fatigue and improve alertness, concentration, and cognitive function. This helps us when we are stressed out because we are depleted and need to return to a more balanced level of energy. When we are stressed, many nerves in our brain and throughout our body are impacted. Scientists conclude, therefore, that if our body feels better, then our mind will also feel better.

Improves Self-

Esteem. Behavioral factors also contribute to the emotional benefits of exercise. When we gain strength and begin to see a difference in our body, we feel better about ourselves and become happier and more confident. Feeling better about ourselves shifts our focus to positive thoughts and away from fear and anxiety.

Provides A Fun

Distraction. One of the best parts about exercise is that it gives us a time to take a

fun break from the stresses in our daily lives. Whether you are jogging to your favorite upbeat music or socializing with friends on the tennis court, your mind is distracted and you can just have a good time.

Makes Sleeping Easier. According to Mayo Clinic, exercise can also improve how we sleep. This is great news for those suffering from insomnia due to stress and anxiety.

Encourages Mindfulness. A great bonus of exercise is that it provides the perfect opportunity to enjoy a mindful moment. While we work out, we can fully engage in the present moment instead of letting our mind run wild with worries. To get the best result, experts suggest doing rhythmic activities that engage the whole body like running, walking, swimming, dancing, rowing, or climbing. Helpguide.org suggests that “as you move, instead of continuing to focus on your thoughts, focus on the sensations in your limbs and how your breathing complements your movement. If your mind wanders to other thoughts, gently return to focusing on your breathing and movement. If walking or running, for example, focus on each step—the sensation of your feet touching the ground, the rhythm of your breath while moving, and the feeling of the wind against your face.”

How To Be A Good Fitness Role Model

It's so important that we play actively with our kids from a young age and that we consistently exercise in front of them (and sometimes with them) to show them how importance physical fitness is. From going on family bike rides to coaching one of their sports teams, there are so many helpful ways for you to be a fitness role model to your

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children throughout their lives. Here are some more ideas to get you moving:

Go for a hike outdoors. Not only are walks and hikes wonderful, safe exercise that the entire family can enjoy, they are also an opportunity to connect to the beauty of nature to bring you a sense of calm. Try adding some

fun to your family hikes by turning them into a race or scavenger hunt, and by venturing to new parks and trails in your area and while on vacation.

Take a yoga class together. Yoga offers so many incredible benefits to both you and our children including balance, strength

training, time for inner focus, and an opportunity to connect with our bodies in ways we aren't used to. Sign up for a yoga class that you can take together or pop in a video or load an App so you can do some yoga together in your living room, or better yet in your backyard.

Make exercise a priority

even in bad weather. Show your kids that you still go on your morning run even if it's not sunny outside. On days when it's cold or rainy, set up your fitness routine indoors and get your kids involved. Put on a workout video and have them join in. There are also lots of fun ways to use your indoor space to get everyone

moving. Some of the easiest exercises to perform indoors include jumping rope and calisthenics like push-ups, sit ups, and jumping jacks. Or put on some peppy music and play freeze dance or have a hula hoop contest. Before you know it, you will all be working up a sweat!

Give sports-related gifts.

Another way to make fitness a priority in your home is to choose gifts like workout clothes, sports equipment, and how-to books about sports during birthday and holiday time. You can also choose some tickets for a sporting event and make it a fun family outing to cheer on your team together.



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