

# RADNOR TOWNSHIP RECREATION & COMMUNITY PROGRAMMING DEPARTMENT

## LIVE WELL, PLAY WELL, BE WELL

September 2012

### WHAT IS A CONCUSSION?

[www.cdc.gov](http://www.cdc.gov)

A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

#### WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?



- Appears dazed or stunned
- Answers questions slowly
- Shows behavior or personality changes
- Headache or “pressure” in head
- Balance problems or dizziness
- Sensitivity to light and / or noise
- Concentration or memory problems
- Does not “feel right”
- Loses consciousness (even briefly)
- Can’t recall events prior to / after hit or fall
- Nausea or vomiting
- Double or blurry vision
- Feeling sluggish, hazy, foggy, or groggy
- Confusion

#### WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports.
2. Keep your child out of play. Concussions take time to heal. Don’t let your child return to play until a health care professional says it’s OK. Children who return to play too soon - while the brain is still healing - risk a greater chance of having a second concussion. Second or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. Tell your child’s coach about any recent concussion. Coaches should know if your child had a recent concussion in ANY sport. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.



### Fall Fruits & Vegetables

[www.localfoods.about.com](http://www.localfoods.about.com)



Look for these fall fruits and vegetables at farmers markets and in produce departments for the best flavor and value in season.

Apples	Escarole	Parsnips
Artichokes	Fennel	Pears
Arugula	Figs	Peppers
Bok Choy	Garlic	Pomegranates
Broccoli	Grapes	Potatoes
Broccoli Raab	Green beans	Pumpkins
Brussels sprouts	Green onions	Radishes
Cabbage	Kale	Scallions
Cauliflower	Leeks	Shallots
Celery	Limes	Squash
Cranberries	Melons	Sweet Potatoes
Edamame	Mushrooms	Turnips
Eggplant	Onions	Winter Squash

### ParksNReviews Mobile App is Now Live!



Scan the QR code on the left with your smart phone to download the ParksNReviews.com mobile app. Use the app to review, rate, and share your photos and experiences from Radnor Township Parks on Facebook and Twitter. Each time you do, our rank in the app grows, helping the whole world know our parks are the BEST!

### Sleep Tips to Help Kids' Weight

[www.webmd.com](http://www.webmd.com)

Does your child get enough sleep? If not, it could affect more than sleepiness at school. Studies suggest there may be a link between skimping on sleep and being overweight. Sleep shortfalls may increase hunger hormones - so kids eat more. Also, kids are less likely to get exercise and burn off calories when they're tired.

#### To help kids and teens get a good night's sleep:

- Remove TVs, computers, and gadgets from kids' bedrooms.
- Avoid large meals before bedtime.
- Develop a regular bedtime routine.
- Set firm bedtimes and wake times.
- Make sure the bedroom is quiet, dark, relaxing - and not too hot or cold.
- Help kids quiet down a few hours before bedtime.
- Heavy studying, text messaging, or video games should end in early evening.

**How much sleep do school kids need?** It depends on the child. But here are some general guidelines from the National Sleep Foundation:

- Ages 3 to 5: 11 to 13 hours
- Ages 5 to 12: 10 to 11 hours
- Ages 11 to 17: 9.5 to 9.25 hours