

[Heads-up Educators as we “Slide” into the Months of Winter](#)

Did You Know? (According to a Centers for Disease Control and Prevention 2011 report)

In 2009, emergency departments in the United States treated children under 19 for:

- 13,987 Boys/Girls Basketball- related brain injuries¹
- 6,750 Winter Sports - related (skiing, sledding, snowboarding, and snowmobiling) brain injuries¹
- 4,427 Hockey-related brain injuries¹

What can we do as Educators?

- Teach prevention and safety by encouraging the use of correct protective gear and promoting good sportsmanship.
- Recognize the signs of a mild brain injury (sports concussion) and observe guidelines recommended by the Centers for Disease Control and Prevention.
<http://www.cdc.gov/concussion/sports>.
- Practice makes perfect!! Encourage practicing skills to prevent injuries.
- Watch carefully for changes in behavior, thinking or physical functioning.

To find ideas, suggestions, and activities for brain injury prevention click [here](#).

Interested in learning more about TBI and earning **free** continuing education credits?
Please visit the MDCH **online** training website at www.mitbitraining.org.

¹ http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6039a1.htm?s_cid=mm6039a1_w

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