

Healthy Teens

September 2019 Parent Newsletter



Articles

Family
Communication

Prevent and Manage
Concussion

Family Communication

Healthy communication sets a positive tone for family interactions. When you talk with your children openly and with respect, leaving room for listening too, you are saying that you care and they are important to you. Knowing how to talk to one another and solve problems together lowers stress and will help your family cope with conflict. Here are some things to think about when communicating with your family:

- **Be clear** – Fill family members in on important information and on what they can expect. This promotes healing, closeness, trust and security.
- **Be open** – Talk with each other regularly about what's happening in your lives. Express your feelings and concerns and invite others to do the same.
- **Care for one another** – Practice

listening without judging. Even when you may be struggling with your emotions or are disappointed in someone's behaviour, speak calmly, avoid abusive language and blame, and focus on the positive rather than criticizing.

- **Problem solve** – Conflict and stressors are inevitable. When they happen, talk as a group, brainstorm solutions together and make decisions as a team.
- **Share appropriately** – While it's important to be open and direct, young children should never feel burdened by secretive or highly personal information. With teenagers, it's important to be open and direct about things like sex, drugs and alcohol. Take time to discuss the pros and cons together rather than simply telling them, "Don't do that".

Does your teen's school have an AMA Youth Run Club?

The Alberta Medical Association (AMA) and Ever Active Schools have brought a free, award-winning program for school-aged children to Alberta schools. They can provide schools with resources and support for new and/or existing run clubs. To learn more visit

www.amayouthrunclub.com/



Prevent and Manage Concussion

Concussion is a type of traumatic brain injury that occurs when the brain suddenly shifts inside the skull and knocks against the skull's surface. It may be caused by a direct or indirect blow to the head or body. This can happen during sports, a car collision or a fall.

After suffering a concussion, your teen may experience several different symptoms. These may include:

- Headache
- Ringing in the ears
- Nausea and/or vomiting
- Disorientation
- Emotional and personality changes
- Dizziness
- Poor balance and/or coordination
- Poor concentration
- Light sensitivity
- Irritability
- Fatigue
- Sleep complications

In order to reduce the risk of a concussion, encourage your teen to take the **smart risk** approach and **look first** when engaging in a risky activity.

Preparation, good sportsmanship and fair play all help reduce the



risk of injury, including concussion.

Teens should also **wear the gear**, such as a helmet that fits correctly and is secured on the head while playing. In high impact sports such as hockey, teens should wear a face and mouth guard.

Always replace your teen's helmet after impact or as instructed by the manufacturer.

In order to manage a concussion, encourage your teen to take the **smart risk** approach and **seek help** from a coach, teacher or parent

immediately after an injury has occurred. Consult a physician immediately after being notified of an injury in order to determine if a concussion has occurred. Finally, ensure that your teen does not return to activity or play until approved by their doctor.

➤ For more information on how to prevent and manage concussion, visit <http://www.sportmedab.ca/content.php?id=1745>

➤ For more information on how to help your teen prevent injury, visit www.ahs.ca/injuryprevention.asp