

Team sports can be a slam dunk for kids

As a parent, you put a lot of time and energy into safeguarding your children's health and well-being. You fret about their safety, grades, who their friends are and how to keep them from bad habits. Many factors help shape what kids value and how they act. Team sports are known to have immediate and long-term positive benefits for children's health.



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Quick facts on team sports:

1 Whether they're playing soccer, softball, lacrosse volleyball or something else, team sports can help kids be more active. Children who are active when they're young are more likely to remain so as adults.



2 Most kids are ready for team sports by age 6. Parents should expose their kids to a variety of team sports so they can find out what they like. It's not a good idea to focus on just one sport while very young.

3 Team sports can help kids feel a sense of belonging. Being part of a team can help them build self-esteem and make long-lasting friendships.

4 Kids who play sports can learn skills that help them grow. For example, they can learn about teamwork and how to handle failure. They can also develop the ability to keep trying even when things are hard.

5 Kids who play sports often do well in school. Being part of a team helps lower the risks that kids will get into drugs or alcohol use as teens.



>> Learn more about youth sports at www.ymca.org