

## Ahead of the Game: The Parent's Guide to Youth Sports Concussion



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### ***Reviews***

*Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.*

***(Melany Goyette)***

## AHEAD OF THE GAME: THE PARENT'S GUIDE TO YOUTH SPORTS CONCUSSION



University Press of New England. Paperback. Book Condition: new. BRAND NEW, Ahead of the Game: The Parent's Guide to Youth Sports Concussion, University Press of New England, Sports-related concussions, also known as mild traumatic brain injuries, have become a national epidemic. As many as 63 percent of high school students have already had at least one concussion, while another 500,000 children between the ages of ten and fourteen visit ERs for concussion annually. New research has shown that there is no such thing as a simple "bell-ringer," and that sending a child back on the field too soon puts his or her physical and emotional health at risk. Yet it is all too easy to miss the warning signs of concussion, or to encourage kids to "walk off" a potentially devastating injury. Ahead of the Game is the first book to give parents of school-aged athletes the tools they need to keep kids safe on the field, court, diamond, or rink. A pioneer in youth concussion research since the 1990s, this leading brain-behavior expert, neuropsychologist, and sports mom, Dr. Rosemarie Scolaro Moser, has worked with thousands of youth athletes, as well as professional sports teams. Dr. Moser explains: - Helmets and mouth guards, even when properly fitted, cannot prevent concussion- Concussions may negatively affect a child's GPA, school performance, and emotional behavior- Girls are more vulnerable to concussion than boys- State concussion laws may not be enough to keep kids safe Ahead of the Game clearly lays out the basics of identification, management, and treatment of concussion in kids, and details the vital steps we can take to protect their most vital organ--the brain--before an injury occurs.



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