WHILE SCHOOL HAS STARTED, THE HEAT SURE HASN’T STOPPED. THAT MEANS KIDS PARTICIPATING IN SCHOOL ACTIVITIES LIKE BAND... FOOTBALL... AND CHEER- NEED TO TAKE EXTRA PRECAUTIONS WHILE PRACTICING OUTDOORS.

TRT:
BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN LAURA IRVIN SAYS HYDRATION IS ONE OF THE MOST IMPORTANT WAYS TO STAY SAFE. SHE RECOMMENDS HAVING A CONVERSATION WITH YOUR CHILD ABOUT DRINKING ENOUGH FLUIDS BEFORE PRACTICE GETS STARTED.

So that’s drinking water not only right before you’re going to go on the field but the day before that. Making sure the kids are drinking at least 8 glasses of water a day can help throughout that period, but it’s also making sure they’re not dehydrated with electrolytes. So that’s mixing in a sports drink as well, specifically if they’re going to be working out for longer than 30 minutes out in the heat to help replenish what they’re losing.

IRVIN ALSO SAYS MAKING SURE KIDS EAT ENOUGH THROUGHOUT THE DAY IS AN IMPORTANT PART OF RECOVERY- AND SO IS ADEQUATE SLEEP. SHE RECOMMENDS GETTING BACK INTO THE RHYTHM OF A REGULAR BEDTIME AND ALLOWING OLDER CHILDREN TO PACK THEIR OWN SNACKS.