

Put me in, coach

Back-to-school season means enrolling kids in sports and activities. Parents should know the ins and outs so the child can get the most out of it.

SOT

Emily Isom (EYE-sum)

certified medical assistant in pediatrics at OSF HealthCare

"It helps them become who they are as a person. It helps them take ownership of their communication. They can build that communication within a team." (:11)

SOT

Emily Isom (EYE-sum)

certified medical assistant in pediatrics at OSF HealthCare

"When you win, it feels great. But when you lose, some kids can take it really hard. They think they're a failure and they're not good at the sport. It becomes mental. But that feeling of being a failure is not true. You win and lose. That's how it goes. But the key is to get better. They can work on kicking, running, hitting, catching or whatever it is." (:22)

SOT

Emily Isom (EYE-sum)

certified medical assistant in pediatrics at OSF HealthCare

"Kids look for support from their parents in anything they do. It doesn't matter if it's sports or the arts. If it's something they want to do, you should encourage and support your kid. My daughter is really into art. She might want to do art instead of sports one summer. I'm all for it. She's still interacting with people. She's happy doing something she wants to do." (:30)

SOT

Emily Isom (EYE-sum)

certified medical assistant in pediatrics at OSF HealthCare

"It embarrasses the kid. And those kids can develop anger issues. They learn it from their parents. It makes the kid feel like a failure when the parents are yelling from the stands. I've seen it. It's not fun. It's not cool." (:15)