

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.

ANCHOR LEDE

On the fence about enrolling your kids in sports or other activities this school year? One pediatrics expert at OSF HealthCare says: do it!

TAKE VO

Emily Isom, a certified medical assistant, says kids will strengthen muscles, speed, endurance and balance. Plus, they'll learn social skills like teamwork, communication and self-esteem.

SOT

Emily Isom (EYE-sum)

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)

TAKE VO

Parents should not pressure or heckle young athletes. Talk to them often, and if they're burnt out, consider pulling the kid out of the sport.