

## **Kids and Team Sports (*Interview Transcripts*)**

**Anne Orzechowski, APRN Family Medicine APRN, OSF HealthCare**

“Team sports can be a great thing for a child’s mental health. There is a lot of camaraderie, a sense of belonging, and pride going to practice and really working with their teammates. So it can be something that’s really beneficial to a child’s mental health and that sense of belonging.” (:19)

**Anne Orzechowski, APRN Family Medicine APRN, OSF HealthCare**

“It has got to be something your kiddo wants to do, not something that you want your kiddo to do. It’s got to be a balance. If you can get your kid into it and get them engaged in something that they really like, they are going to want to show up and do it.” (:14)

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“Sometimes kids are nervous when they show up to practice wondering if they are going to make friends or who they are going to talk to. So, try and find out if it is something about social anxiety or if they are not jiving with their coaches or if it just does not seem like they are having a good time. I think just being a really good partner with your kiddo and finding out if it is a good fit for them.” (:19)

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“If you have a kiddo who just wants to get a hula hoop and you can get a bunch of kids together to hula hoop or they want to find a hula hoop club, have at it. It’s outside. It’s physical. It could even be inside. It doesn’t really matter what it is as long as it’s something your child enjoys. It does not necessarily need to be a conventional team sport in order to get some benefit from it.” (:22)