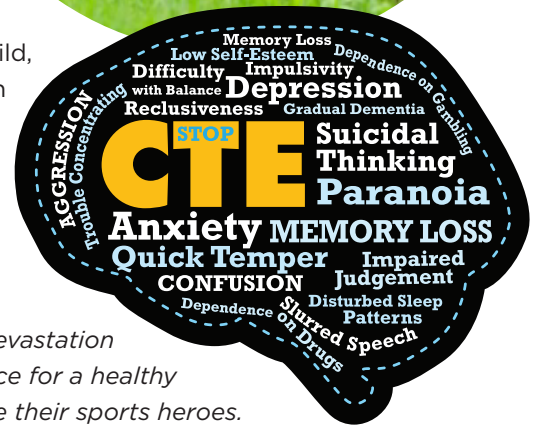


Moms: Your Child's Brain is Fragile HERE'S HOW TO SAVE IT!

Moms know how to protect kids.

That's what they do. But they need to be told the truth.

- They need to be told that children's brains are still developing until college age. They need to be told that the human brain can't heal itself. It can recover, sometimes, but it will never be the same.
- They need to know that every time a child collides with another child, or hits the ground, his or her little brain is shaking and stretching in the skull. Doing this repetitively and for too long can be the primary cause of CTE, Chronic Traumatic Encephalopathy.
- They need to be told that in a study by the Mayo Clinic, 32% of amateur collision sports athletes were found to have CTE, a devastating brain disease caused by repetitive hitting in sports.



If mothers have the right information they can save their families from the devastation of letting a child fall into harm's way, and they can give their children a chance for a healthy future. They will stop sending them out to fields like little warriors to emulate their sports heroes. They will know that kids only get one brain, and it is much more fragile than ever imagined, and that it is precious and worth fighting for. Mom's are the true warriors. With the right information they will be the ones winning this battle. CTE is 100% preventable and mom's will stop it if they know the facts.

The following is a list of some sports and activities we recommend your child avoid.

It is safe to say that sooner or later we are all going to experience some form of head trauma. In the grand scheme of things, bumping ones head is just part of life. Sports are also a healthy part of life. But the more we learn, the more we see the need for changes in certain sports to protect our children.

We are learning that **REPEATED BLOWS TO THE HEAD**, whether they result in a concussion or not, can lead to CTE. We are seeing the most repeated hits occurring in boxing and football, but other activities can lead to CTE if we are not careful about preventing repetitive head trauma.

- **Boxing/Martial Arts**
- **American Tackle Football**
- **Hockey**
- **Wrestling**
- **Soccer Involving Headers**
- **Bull Riding**
- **Physical Abuse**
- **Rugby**
- **Cheerleading with Stunts**
- **Lacrosse**
- **Motocross**

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