

## Mayo Clinic Minute

### A warning to parents about sliding with kids

VIDEO	AUDIO
	"Ready?"
	This is the wrong way to go down a slide.
	And here's why: According to new findings presented to American pediatricians, riding a slide on a parent's lap increases the risk of injury to the child ...
<b>Title:</b> <b>Steven Maher, M.D.</b> <b>Emergency Medicine</b> <b>Mayo Clinic</b>	"... basically injuring and fracturing their lower leg."
	Dr. Steven Maher is an emergency medicine specialist.
Steven Maher, M.D.	"And with the parent's weight behind them, it actually causes increased force on the foot and ankle and causes fractures at that point."
.	<i>Sound of a person sliding</i>
<b>Graphic:</b> <b>Highest injury rate:</b> <b>Toddlers, 12–23 months</b> <b>Most common injury:</b> <b>Fractures</b> <b>Lower leg</b>	According to researchers, of kids under 6 years old, toddlers ages 12 to 23 months had the highest percentage of injuries. The most common injury was a fracture, usually resulting from the lower leg being twisted or bent backward while sliding.
	Dr. Maher's advice is to monitor kids closely, but let them slide solo.
Steven Maher, M.D.	"They are more flexible, and they have less weight. And, therefore, they are less likely to have a fracture."
	For the Mayo Clinic News Network. I'm Jeff Olsen.