

# Foot Sense

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FOOT AND ANKLE CENTER OF LAKE CITY



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## 12 Ways to Keep Your Kids Feet Safe on Playgrounds

Each year more than 200,000 kids get injured at playgrounds. Recently, a youngster broke his foot while playing on an old fashioned merry-go-round at a playground in England.

Although merry-go-rounds have gone out of fashion there are parks that still have them. In addition, there are other things to check on and teach your kid about when it comes to playground safety.

Here are 12 ways to protect your kids from foot and ankle injuries.

### Playground Surfaces

No playground surface will stop a foot or ankle injury. However, there are better surfaces that can make fall injuries less likely.

- Avoid playgrounds that have asphalt, concrete, blacktop, grass or soil. These materials wear out more quickly and are less likely to cushion a kid's fall. (over)

## Fish Tacos With Watermelon Salsa

- 1/2 small red onion, finely sliced
- Juice of 2 limes, plus lime wedges for serving
- 1 jalapeno pepper, seeded and finely diced
- 1 tbsp plus 2 tsp extra virgin olive oil, plus more for brushing
- Kosher salt
- 1 lb skinless wild striped bass fillets
- 1 tsp chipotle chile powder
- 1 romaine lettuce heart, thinly sliced
- 8 corn tortillas
- 1 avocado, sliced

### Directions:

1. Make the watermelon salsa: Combine the watermelon, red onion, cilantro, lime juice and jalapeno in a bowl. Toss with 1 tablespoon olive oil and 1/2 teaspoon salt and set aside.
2. Preheat a grill to high. Sprinkle the fish on both sides with the chile powder and 1/2 teaspoon salt; drizzle both sides with the remaining 2 teaspoons olive oil. Brush the grill with olive oil, then add the fish and grill until marked and cooked through, 4 to 5 minutes per side. Transfer the fish to a plate and break into bite-size pieces.
3. Meanwhile, toss the lettuce with 2 tablespoons of the juices from the watermelon salsa and a pinch of salt. Warm the tortillas on the grill and fill with the fish, watermelon salsa, avocado and lettuce. Serve with lime wedges.



Photograph by Antonis Achilleos

Recipe courtesy Food Network Magazine

- Find playgrounds with safety-tested rubber or rubber-like materials or loosely packed materials.
- Make sure the cushioned surface extends at least six feet around the base of the equipment.

### Teach Your Kids the Rules Around Playground Equipment

Kids need to learn how to play appropriately with playground equipment and with other kids who are sharing it.

- Teach kids to land on their feet with their knees slightly bent.
- Kids should always go down slides feet first.
- Tell kids to take turns on equipment to avoid collisions.

### Avoid Unsafe Playground Equipment

In addition to the merry-go-round here is a list of other unsafe playground equipment.

- Monkey bars
- Exercise rings and trapeze bars
- Swinging ropes that can fray or unravel

### Purchase Supportive Footwear

Children should wear supportive footwear to decrease the chance of twisting an ankle or getting a puncture wound.

- Kids should never wear flip flops or other open shoes at a playground.
- Purchase shoes that are supportive; cannot easily twist like a rag, fold only at the toes and not at the middle, and have a firm heel counter.
- Shoes should be comfortable as soon as your child puts them on. The need to "break them in" often indicates a poor fit.

Source: Adapted from Kids Health

If your child has a foot or ankle injury, **call us today at 206-368-7000 for an appointment. Often same day for emergencies and less than 2 weeks for chronic foot pain. You can also request an appointment online at [www.bergdpm.com](http://www.bergdpm.com)**

### An Easy Way To Help Kids Experiencing Homelessness in Our Community

Mary's Place serves over 250 kids each day that are experiencing homelessness. These kids are constantly outgrowing their shoes and are in particular need when they go back to school.



- Shoes can be purchased for kids of all ages. Keep in mind some teenage boys have very large feet
- Sturdy, closed-toed, waterproof shoes are the best.
- Tennis or running shoes are favorites.
- Clean, gently used shoes can also be donated.

Please drop off shoes at Foot and Ankle Center of Lake City located at 2611 NE 125th St, Suite 130, Seattle, WA 98125 from 9am-5pm M-F.