



just ask
Children's

Your top questions about sports and exercise answered

From concussions to building a life-long love for physical fitness to the best fuel for your active kids, our panel of experts is here to help.

[Get expert answers](#)



[Five fun outdoor activities for Mother's Day](#)

[To make Mother's Day all about the family, look no further than your own backyard. Denver offers a wide variety of activities that will keep the whole family entertained, and the best part is they're just a quick bike ride, hike or drive away. **Check out our picks** →](#)



[Making time for physical fitness](#)

[The demands of daily life homework, family dinners and bath time, just to name a few can make it hard to find time to exercise. Our sports medicine expert offers ideas to help busy families be more physically active. **Get active today** →](#)



[Don't let asthma sideline your child](#)

[You may think because your child has asthma, he can't participate in a sports team or exercise. In fact, regular exercise can help your child stay healthier. Learn more from our asthma expert on what you can do to keep your child in the game. **Create a plan** →](#)

[Some kids need special inhalers to help with their asthma. Watch these videos to learn how to use a diskus inhaler, a twisthaler inhaler, or a flexhaler inhaler. Watch now→](#)

[A peak flow meter is a tool to help see if your asthma is controlled. Watch this video to learn how to use a peak flow meter. Watch now→](#)

[parenting workshops](#)

[Developing Youth Athletes Parenting Workshop \(free\)](#)

[Wednesday, May 6, 7-8pm](#)

[Children's Hospital Colorado South Campus, 1811 Plaza Drive, Highlands Ranch, CO, 80129](#)

[Kyle Nagle, MD, will address how to help develop your child or teenage athlete\(s\) into their best self.](#)

[Free childcare provided, see registration page for details. Register now→](#)

[Common Tummy Troubles Parenting Workshop \(free\)](#)

[Thursday, May 14, 12:30-1:30 p.m.](#)

[Pikes Peak Library District 21c Library, 1175 Chapel Hills Drive, Colorado Springs, CO, 80920](#)

[Christine Waasdorp Hurtado, MD, will talk about constipation, reflux and common reasons for abdominal pain in children. This is actually one of the top reasons why parents going to the](#)

[ED/Urgent Care! Register now→](#)



COME WALK WITH US

Children's Hospital Colorado sponsors a number of walks and runs throughout the Denver metro area. Join us as we support health and wellness in our communities. [Pick a walk here →](#)

Many hands, one heart.



[Locations](#) [Free Parenting Resources](#) [Conditions & Symptoms](#) [Events & Community](#)

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