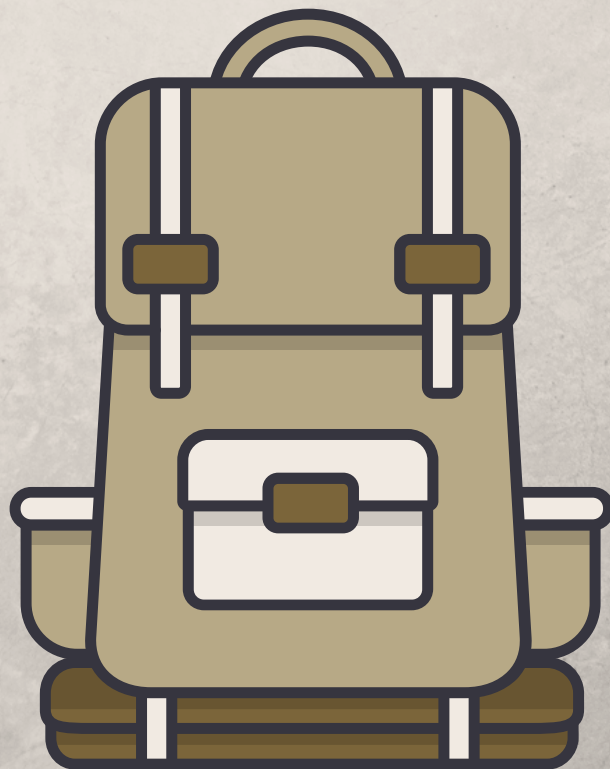


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# Backpacks:

**4 TIPS EVERY  
PARENT SHOULD  
KNOW**



# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

### HAVE YOU GIVEN IT THOUGHT?

The reason I ask, is because your child will wear this very backpack every single day, morning and afternoon, to and from school. And depending on how the backpack fits, this very item can either safely carry the belongings to help educate and develop your little one, or it can be the very thing that creates a cascade of spinal and postural problems.

### WHY YOU SHOULD CARE?

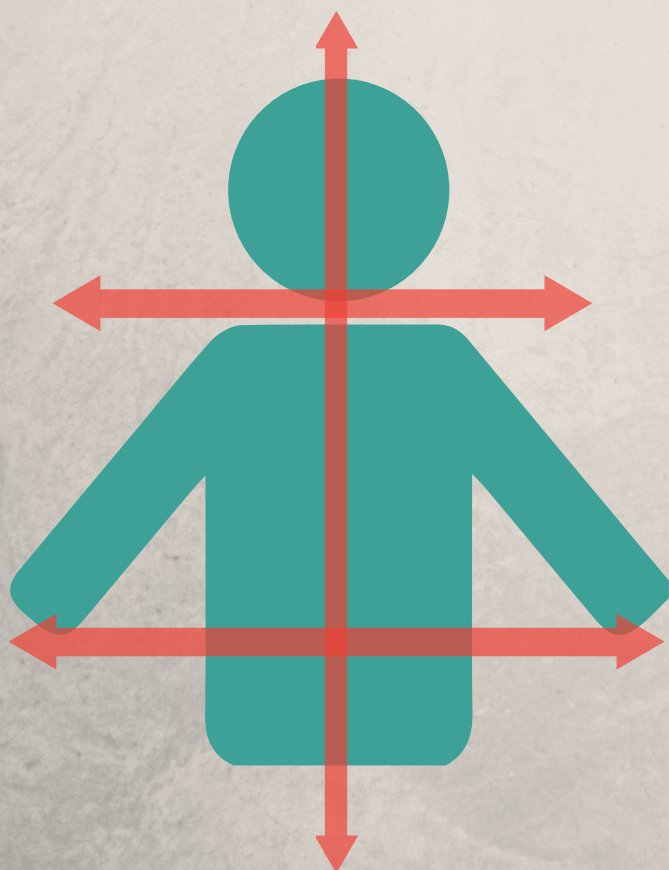
Because posture is the window to your child's health. And not just your child's health, but yours as well. Whether your spine is big or small, the spine's main responsibility is to protect the most important organ in your body - your nervous system. Your nervous system controls every single function in your entire body, from picking up a pencil (muscular control) to digesting a snack (organ and gland control) to attention span and learning new skills. Improper backpack use can lead to spinal stress, which can directly interfere with the way the nervous system functions, and as a result affects overall health and development.

# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

### THE GOOD NEWS!

As a Chiropractor with a focus on kid's health, I feel it is my duty to educate parents about their son's or daughter's spinal health. This is why I have created the "4 Backpack Safety Tips Every Parent Needs To Know" to use at home. Using these tips, I encourage you to assess your child's backpack immediately.



### Posture Check



Have you ever had your posture checked?

Click the link below for step by step instructions you can do in the comfort of your own home to assess your posture as well as your child's.

**CLICK HERE**

# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

### #1 - The Right Size

When buying a new backpack, make sure that the pack fits your child's body size properly. With the backpack on and the straps adjusted, the actual pack should fit from your child's shoulders down to their waist. The backpack should not hang below the waist.

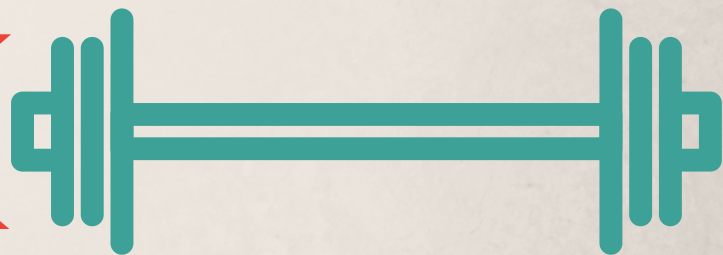
**Please please please do not buy an oversized backpack with hopes that your child “will grow into it”.**

When the backpack size is too large, it will cause postural alterations whenever your child is carrying the backpack, typically leading to an increase in low back curvature or a forward lean to compensate for the size of the backpack. This puts unnatural stress on the joints of the spine and can lead to aches, pains, and unnecessary strain on the body during the developmental years.

# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

### #2 - The Right Weight



Backpack weight is one of the most overlooked backpack safety issues. You will likely be surprised to hear that if your child is anywhere between Junior Kindergarten and Grade 8, his or her backpack should weigh no more than 10% of their body weight. This means that if your child is 50lbs, the maximum backpack weight is 5lbs. If they are 100lbs, the backpack limit is 10lbs. As your child gets older, the backpack weight limit increases to 15%, though I strongly encourage you to keep backpack weight as low as possible.

And don't simply guess your child's backpack weight – put it on the scale! When backpacks are too heavy, it leads to compensations in posture, and as a result alterations in normal spine curvatures. This is a direct stress to the body that can be avoided by lightening up the load!

# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

### #3 - The Right Wear

There are two straps on a backpack for a reason. I cannot stress the importance of your child wearing BOTH backpack straps at all times when carrying their backpack.

Using both straps creates an even weight distribution throughout the spine, allowing for proper posture when standing or walking. On the other hand, when only one strap is worn, kids naturally lean their body to one side, creating a sideways bend, and unnecessary stress in the spine (functional scoliosis)

When this becomes a daily habit these spinal stresses lead to spinal problems which can lead to a cascade of health problems. I do not want to see this happen to your child.



# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

### #4 - The Right Pack

It is inevitable that your child will have homework and textbooks to bring back and forth to school. The most important thing is that your child is only bringing home what they absolutely need to get their homework done.

Once that is established, the best way to pack heavier textbooks is to place them at the back of the backpack. This way, when the backpack is worn, heavier items will be closer to the body and much easier to carry.



# BACKPACKS:

## 4 TIPS EVERY PARENT SHOULD KNOW

Ignorance is not  
bliss

Doing all these checks are simple and will only take 5-10minutes of your time. You will feel confident you have sent your child to school with there health and safety in mind.

If you have any questions or comments following your child's backpack assessment, please feel free to email me directly at [team@chirofirst.ca](mailto:team@chirofirst.ca) And if you need a hand, I would be more than happy to assess your child in our office.

Yours in health,

*Dr. Adam Markew*



**Chiropractic on Eagle**