

ADDRESSING THE NEEDS OF EDUCATORS AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.

Why is Backpack Awareness Important?

According to the American Occupational Therapy Association, 6 out of 10 students in the U.S reported chronic back pain related to their backpacks.

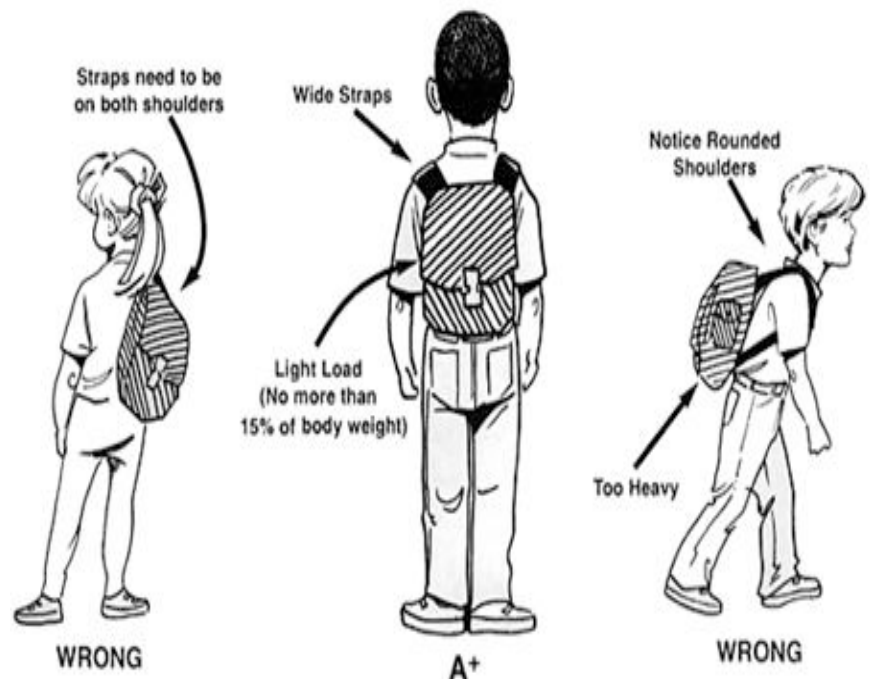
Students are responsible for carrying more books and supplies as they grow older

A properly fitting backpack can help to:

- ✓ improve posture
- ✓ reduce instances of back pain

www.aota.org

Is Your Child's Backpack Making The Grade?



www.elthamhs.vic.edu.au

Backpack Awareness Tips:

- Never let a child carry more than 15% of their bodyweight in their backpack
- For example, a child weighing 100 lbs should carry no more than 15 lbs in their backpack
- Load the heaviest items first and closest to the child's back
- Always encourage your child to use both straps to help distribute weight evenly
- Adjust the shoulder straps so it fits snugly against their back

Choose Backpacks with:

- Wide padded shoulder straps
- Waistbelts
- Wheels- if school permits

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Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. Email: www.Therakids.org

