

- How Worrying Affects the Body
- Managing Bad Days With Psoriatic Arthritis

We are looking forward to an amazing 2022-23 school year in Town Name!

SHORT VERSION:

Subject:

- A. Is Your Child's Backpack Too Heavy? How To Find Out!**
- B. 5 Tips to Pick Safe Backpacks for Your Kids from Avail Hospital**

Did you know that a backpack that is too heavy or ill-fitting can cause children to have future health issues?

Backpacks that are loaded down with more than 5-10% of a child's weight or hang improperly can cause neck, back, and shoulder strain now and in the future.

5 Simple Tips to Pick Safe Backpacks for Your Children:

- 1. Start with a lightweight backpack.**
- 2. Use a backpack with wide padded shoulder straps.**
- 3. Pick the appropriate size, no more than 4" below the waist or wider than the child's torso.**
- 4. Compartments help to evenly distribute weight.**
- 5. Reflective material is a safe option.**

If your child leans forward when wearing their backpack, it is too heavy for them. Look for items that you can remove or other ways to help them carry less to and from school each day.

Remember, *Client Name* is ready and waiting, 24/7/365, to help if your child is experiencing any muscle pain or feels ill.

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