

Back To School Tips...

Summer has flown by and it's almost time for the start of a new school year.

For many families this means back to routines, this transitional time can sometimes cause unwanted stress not only for parents but for kids too.

Here are a few chiropractic tips to help make the back to school season a healthy and happy one for the whole family!

Footwear:

Correct footwear is crucial for your child's comfort and overall wellbeing. Choose shoes that fit well, providing plenty of room for toes to wiggle and proper arch support. Poor fitting shoes can lead to discomfort, foot problems, and can affect posture.

Focus on your Sitting Posture:

Sitting at a school desk for long hours can put enormous stress on your back if your posture isn't correct. Long periods of "non-ergonomic" sitting allows tension to build up overtime in the back, shoulders, and neck.

When sitting at a desk, it's recommended to maintain a straight posture with as little "slouching" as possible.

Wear your backpack properly:

Selecting a backpack that fits well and distributes weight evenly can help prevent strain on your child's shoulders and back.

Encourage your child to pack only essential items to avoid overloading the backpack.

A backpack should weigh no more than 10-15% of your child's body weight. The two-Strap Rule, the importance of using both shoulder straps to evenly distribute weight across the back. This reduces the risk of developing poor posture or spinal misalignments.

Regular Breaks:

You can help to keep your children's spines healthy by encouraging them to walk around or take part in some form of physical activity during their lesson breaks. Make sure your children get up, stretch and walk around during their breaks.

Screen Time:

Limit screen time and encourage breaks every 20-30 minutes to prevent eye strain and poor posture.

Nutrition:

The most important meal is breakfast. Make sure your child's breakfast is nutritious and contains protein to help focus and avoid cravings. Adding fruits and veggies to your child's diet can add great sources of immune boosting vitamins and minerals.

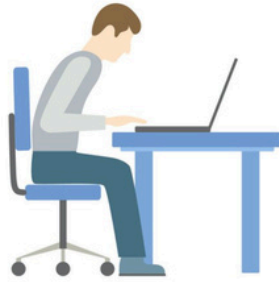
Sleep:

Consistent sleep and chiropractic health go hand in hand. Sleep is our body's time to heal and repair from the stresses of daily life. If your child is not getting enough sleep their body and brain function can suffer. With busy days and of after school activities prioritising sleep can often be difficult.

DESK POSTURE



**Correct
Posture**



**Incorrect
Posture**

DESK STRETCHES

YOU CAN IMPROVE YOUR POSTURE WHILE AT YOUR DESK WITH THESE EXERCISES.



EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

10 Fun Facts!

- You can't see your ears without a mirror.
- You can't count your hair.
- On average you spend 25 years of your life sleeping.
- Your body burns on average 50 calories an hour whilst sleeping.
- You are taller in the morning than at night.
- Your brain cleans itself while you sleep, clearing out toxins.
- You can only dream about faces you have seen in real life.
- Your brain is more active at night than by day.
- In one day your heart beats on average 100 000 times.
- You have half a million sweat glands

