



Healthy Backs, Happy Kids

Help your child stay active and happy with these tips for a healthy back:

Infants & Toddlers

Limit your child's time in a car seat or swing to avoid pain and discomfort.

2 hours
IN A 24 HOUR PERIOD



Young Children

Make sure your child's backpack does not weigh more than

10-15%

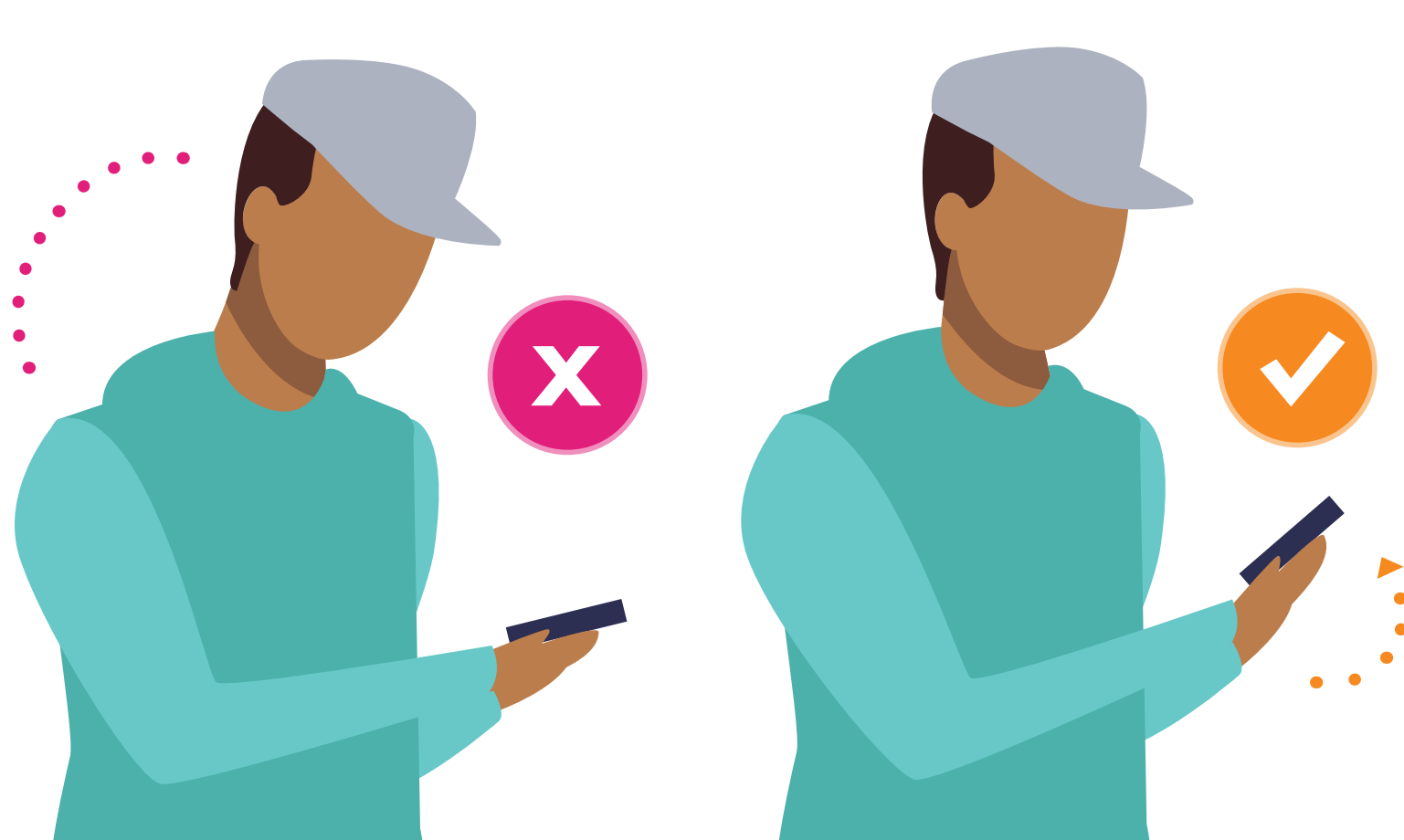
of their total body weight.



Tweens

Avoid tech neck by keeping mobile devices at eye level. Looking down puts extra strain and pressure on the neck of up to:

50-60 lbs



Teens

Reduce issues caused by growth spurts and sports injuries with routine chiropractic adjustments.



Girls
can grow until
age 18

Boys
can grow until
age 21

truecareTM

Healthy backs inside. Welcome in.

If your child is having pain, contact one of our chiropractors to help. Visit truecare.org/chiro