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

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