



Healthy Backpacks for Kids

Choose the Right Backpack

- Keep it no wider than your child's torso
- Use padded shoulder straps and a padded back
- Look for a chest or waist strap to help distribute weight

Pack It Light

- Total weight should stay under 10–15% of your child's body weight
- Pack heavier items closest to the back panel
- Remove unnecessary items daily

Wear It Correctly

- Always use both shoulder straps
- Adjust so the bottom sits just above the hips
- Make sure straps are snug but not tight

Watch for Warning Signs

- Complaints of back, neck, or shoulder pain
- Red strap marks on shoulders
- Leaning forward while walking

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