

GROWING HEALTHY, HAPPY KIDS

Whether your child is just learning to walk, a college athlete, or anything in between, routine trips to the chiropractor can help. Check out the tips below to make sure your child stays active, healthy, and happy.

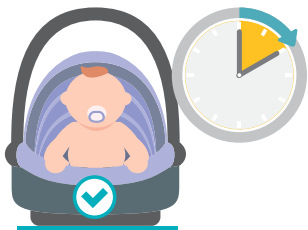


INFANTS & TODDLERS

#DYK?

To avoid pain and discomfort it's recommended to limit your child's time in a car seat or swing to:

2 hours
in a 24 hour period



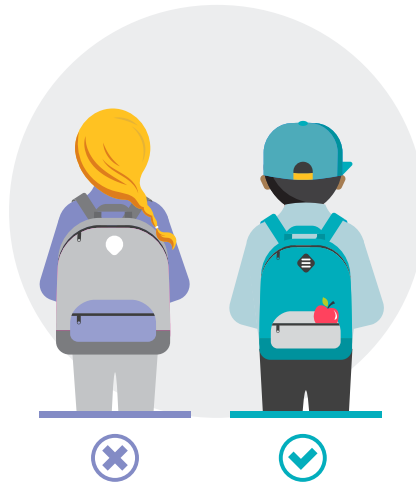
LITTLE KIDS

**Bigger isn't
always better.**

Your child's backpack should never weigh more than

10-15%

of their total body weight.



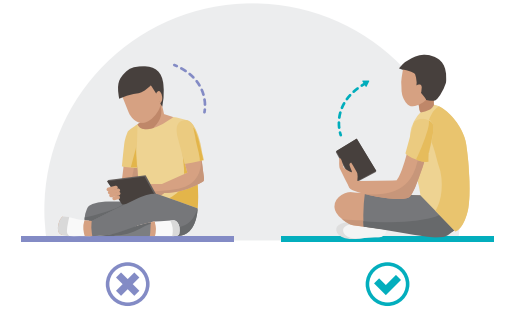
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Source: <https://www.thejoint.com/parents>

TWEENS

Keep mobile devices eye level

to avoid tech neck. Looking down can put extra strain and pressure on the neck of up to:

50-60 lbs



TEENS

Routine chiropractic adjustments can reduce issues caused by sports injuries and growth spurts.

Girls
can grow until
age 18

Boys
can grow until
age 21



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