

# 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



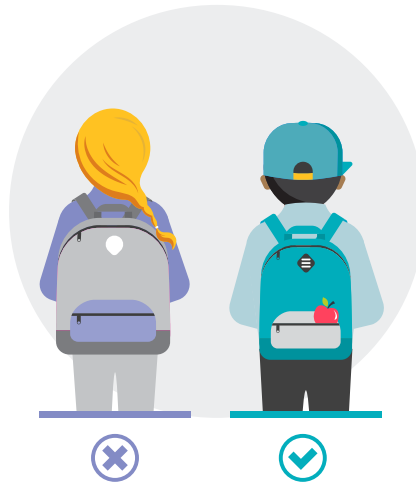
## LITTLE KIDS

**Bigger isn't  
always better.**

Your child's backpack should never weigh more than

**10-15%**

of their total body weight.

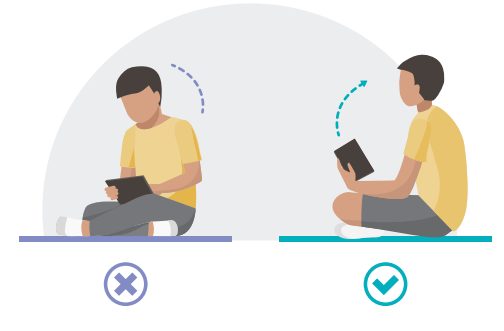


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## TWEENS

**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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