

Sensational OT Tip of the Month

Backpack Awareness

Do you know children that ...?

1. Have slumped posture
2. Complain about their back hurting
3. Have difficulty carrying materials or packing their backpack

These children might have back pain or strain from carrying too much weight in their backpacks or carrying the backpack incorrectly. This can lead to health problems for the child.

Sensational Ideas for Wearing Backpacks Correctly

1. Make sure to check that students are only packing necessary items in the bag.
2. Teach the children to pack the largest and heaviest items in the back of the bag.
3. Encourage children to use both straps on the backpacks and to wear them snugly.
4. Some children need duplicate books at home to avoid strain from carrying books and to help them have materials needed.
4. A wheeled cart can be helpful for some children with large loads to carry if the school does not have stairs to navigate.

*If you are interested in more information about **Backpack Awareness** go to <http://www.aota.org/~media/Corporate/Files/Backpack/Backpack%20Strategies%20for%20Parents%20%20Students.ashx> for more information.*

Go to www.cintiOTInstitute.com/privateschools and scroll to the bottom left corner for more tip sheets. Go to www.cintiOTInstitute.com for information about COTI services.

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