

# Family Wellness First!



## Back Pack Safety Taking the Measures to Protect Spinal Health

As school approaches and we get new back packs for our children, there are important safety measures to consider in choosing and wearing back packs. Back Pack Safety America/ International gives us these simple steps for avoiding injury and improving spinal health.



### Step 1: Choose Right.

Choosing the right size backpack is the most important step to safe backpack use.

*Tip: Bring a friend to help you measure your backpack properly.*

### Step 2: Pack Right

The maximum weight of the loaded backpack should not exceed 15 % of your body weight, so pack only what is needed.

*Tip: If the backpack forces the wearer to move forward to carry, it's overloaded.*



### Step 3: Lift Right.

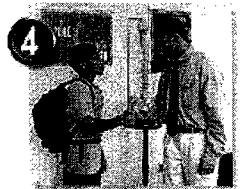
Face the Pack - Bend at the Knees - Use both hands and check the weight of the pack. Lift with the legs. Apply one shoulder strap and then the other.

*Tip: Don't sling the backpack onto one shoulder*

### Step 4: Wear Right

Use both shoulder straps - snug, but not too tight.  
Buckle waist band for greater stability

*Tip: When the backpack has a waist strap - use it.*



Back Pack Safety America and your Doctor of Chiropractic  
have contributed this information for your child's better health.  
[www.backpacksafe.com](http://www.backpacksafe.com)

## Should I Sleep with my Baby?

Recently, the Consumer Product Safety Commission (CPSC) warned parents that sleeping with their baby was too hazardous. Babies, they say, should always sleep in cribs. While we applaud the CPSC's efforts to protect children, we believe that their warnings unnecessarily frighten parents and do not provide adequate information about safe sleeping choices. There is no evidence that infants who sleep with aware, well-informed parents are at any greater risk than crib-sleeping infants. In fact, research has shown that babies who sleep with their parents are at a much lower risk for SIDS, have better physiological regulation, and receive more touching, breastfeeding, and protection. Millions of parents in the U.S. and around the world sleep with their children safely every night, as they have for thousands of years. Co sleeping is safe and beneficial for infants — and their parents.

If you choose to co-sleep, the following guidelines should always be followed:

1. Always place baby to sleep on their back.
2. Baby should sleep next to mother, rather than between mother and father.
3. Take precautions to prevent baby from rolling out of bed. Use a mesh guardrail and be sure the guardrail is flush against the mattress and fill in any crevice with a rolled-up baby blanket or towel.
4. Use a large bed with a mattress that fits snugly against the rail or is flush up against a wall. Don't use fluffy bedding or cover baby with comforters, etc.
5. Do not sleep with your baby if you are under the influence of alcohol, drugs, or sleep-inducing over-the-counter medications or if you are overly exhausted from sleep deprivation
6. Do not allow baby-sitters or older siblings to sleep with baby.
7. Don't fall asleep with baby on a couch, bean bag chair or waterbed.
8. Do not let baby sleep unattended on an adult bed.
9. Don't overly bundle baby, because they get additional warmth from the mother's body. Overheating can be dangerous to infants.



Attachment Parenting International: [www.attachmentparenting.org](http://www.attachmentparenting.org)

*Dear Parent,*

*Your Doctor of Chiropractic is a distinguished member of the International Chiropractic Pediatric Association. Our joint mission is to provide you with the resources necessary in making informed health care choices for your family.*



*Additional articles and substantiating research are available at: [www.icpa4kids.com](http://www.icpa4kids.com). Please pass this newsletter on and help another family benefit from this important information about family wellness.*

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