



School bag

School bag

Choosing and carrying a school bag in a healthy way

A school bag is an essential part of a student's daily life, but if it is not suitable or the child does not carry it correctly, it may cause back and spine problems in the long term..

How to choose a suitable bag for a child?

- Padded back and shoulder bag: Provides spinal support and relieves pressure.
- A bag carried on both shoulders: Carrying loads on one shoulder can cause imbalance and back and neck pain.

Bag height:

It should be at mid-back level.

Do not be high near the neck

Nor low back

Waist belt (if equipped):Very useful for balanced weight distribution.

The organization of the bag contents is important!

- The child does not need to take all the books every day..
- Teach him to check the schedule and take only what he needs.
- Place heavy books closer to the back, and distribute the rest of the items evenly..
- Using lightweight, organized files for each item helps organize the bag and reduce weight..

How to carry the bag:

- Always keep your back straight while carrying your bag..
- The child does not lean forward or arch his back..
- Train your child to carry the bag steadily and consciously..

Organizing school supplies:

How do we train a child to use his daily tools?

- How to open and close the bag.
- How to Use and Store the Lunch Box(Lunch box):
 - o Where does he put it?
 - o How to open it?
 - o When do you clean it or put it back in the bag after use?

If the child has medication:

- o Prepare it in advance and put it in the bag or give it to the school nurse..
 - o Teach your child what to use, when, and how..
-

Reminder for parents:

Preparing the child's tools and teaching him how to use them in an easy and clear way gives him confidence and independence and reduces his stress at school.

A child's health starts from his back, and his organization starts from his home



فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

