

# Backpack to Bedtime: Everyday Posture Tips for Growing Kids

Small posture tweaks, big lifelong impact.



“Because healthy spines make happy kids.”

Vitalise Chiropractic

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Hi, I'm Dr. Christina —  
chiropractor, mama, and  
founder of Vitalise  
Chiropractic.



Kids grow fast — and every stage of growth brings new posture habits. From heavy backpacks and screen time to awkward sleeping positions, small daily stresses can add up over time.

This guide will show you simple, effective ways to support your child's posture from morning to bedtime — helping them grow strong, confident, and well-aligned.

With care,

**Dr. Christina Lowenthal, D.C.**

*Vitalise Chiropractic*

# Backpack Basics



**A balanced backpack = a healthier spine.**

- ✓ Keep backpack weight under 10–15% of your child’s body weight**
- ✓ Use both straps (no single-shoulder carrying!)**
- ✓ Adjust straps so the bag rests snugly against the mid-back, not low on the hips**
- ✓ Choose padded straps and multiple compartments**
- ✓ Encourage packing only what’s needed each day**

“When the load is light, their body can grow right.”



# Screen-Time Smart



Screens are part of modern life — but posture still matters!

- 💻 Encourage **eye-level screens** — prop up tablets or laptops
- 🕒 Follow the **20-20-20 rule**: every 20 minutes, look 20 feet away for 20 seconds
- 🧑🏻♂️ Mix sitting and standing during homework time
- 😊 Teach kids to “sit tall” — ears over shoulders, shoulders over hips

# Sleep & Pillow Positioning

A good night's sleep supports healthy growth and spinal alignment.

🛏️ Choose a mattress that's supportive but not stiff

🌿 For side sleepers — use a pillow that keeps the head in line with the spine

🚫 Avoid stomach sleeping — it twists the neck and spine

zzz Encourage consistent sleep schedules





# How Chiropractic Supports Growing Spines

Chiropractic care helps ensure that kids' spines and nervous systems develop without interference.

✦ Benefits include:

- Better posture and coordination
- Improved focus and concentration
- Relief from growing pains or tension
- Fewer headaches or muscle tightness
- Healthier nervous system function



# The Posture Check Challenge



Try this simple at-home posture test with your child:

1. Have them stand naturally against a wall.
2. Check if the back of the head, shoulders, and hips touch the wall evenly.
3. If not, they may be compensating for stress or imbalance.

Encourage them to do a 10-second “posture reset” each morning — stand tall, deep breath, shoulders back.



# Book a Posture Screening

Early posture awareness can prevent years of imbalance later in life. Schedule your child's quick posture screening and set them up for healthy growth.



 [Book your child's posture screening](#)

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