

# KIDS NEED ADJUSTMENTS TOO!

Clairpointe Family Chiropractic's Quarterly Newsletter

## DATES TO REMEMBER

### Memorial Day 2021

We will be close Friday, May 28th and Monday, May 31st for Memorial Weekend.

## GOING FROM ONLINE TO IN PERSON

By: Dr. Gary Shoemaker

Our school-age children have been going through similar postural struggles as their parents have. This is why it is important to have an ergonomically sound work or learning station at home. The parents tend to sit at the kitchen table or breakfast counter and the kids are laying on their beds or the floor. In some cases, they have been home for a year, which has developed a whole new set of muscles. Now, when they go back to school, they will be getting those regular aches and pains in their neck and upper back from having to sit up again. Additional stress is on their bodies if they happened to have a growth spurt while they have not been in school. Here are some tips you can use to help them:

- **Get some exercise:** regular exercise will improve overall muscular strength and blood flow.
- **Do our cervical exercises:** use in between classes to keep the muscles stretched out.
- **Drink more water:** sugary or artificially sweetened drinks weaken the muscular systems.
- **Get adjusted:** their issues could be more than just muscular. Checking their spine for alignment is always a good idea.



## BACKPACK SAFETY

By: Dr. Gary Shoemaker

The perfect storm for imperfect posture in kids is the combination of cell phones and backpacks. Cell phone usage is causing unhealthy forward head posture and heavy backpacks are causing slumping posture. Here are some tips for making your child's backpack kid safe:

- Use both shoulder straps, not just one sided.
- Use a backpack that has a waist strap
- Keep the weight of the bag under 15% of the child's body weight if carried on the shoulders
- Consider using a roller bag for heavier bags

How Much Does Your Child's Backpack Weigh?



## FAMILY SUBLUXATION PATTERNS

By: Dr. Gary Shoemaker

Subluxation patterns tend to run in families and people with like activities. When you live together, you tend to sit, sleep, and watch television the same way, which can lead to spinal health issues. Add that to hereditary, phone and computer use, athletics, poor posture and perhaps a difficult birthing process, and you can see why kids need to get regular spinal check-ups to be healthy.



## BABY'S FIRST ADJUSTMENT

By: Dr. Alex Jeffrey

Chiropractic care supports and strengthens the spine and nervous system. Chiropractic care also boosts the immune system of a growing baby, creating a happy and healthy child. If traditional methods have proven to be ineffective for issues your child is having, then chiropractic care may be a viable option.

There have been numerous studies and research that support the effectiveness of chiropractic care for reducing fussiness in infants, along with relieving symptoms of colic, gastroesophageal reflux, and trouble sleeping.

Many children experience their first subluxations as a result of the birth process. Getting your child checked within the first week of life is important in helping to address and correct those subluxations before they become a more significant issue as they grow.



**CHIRO KIDS SPRING CRAFT IS HERE!**

**Pick Up the "Very Hungry Caterpillar" Craft At Your Child's Next Appointment!**

**NOW THROUGH APRIL 30TH, 2021**

## VITAMINS FOR KIDS?

By: Dr. Gary Shoemaker

Yes, kids need to supplement their diets with good quality nutritional supplements. A steady diet of pizza, burgers, chicken strips, and soda, does not give them all they need to be healthy. Some of the key supplements we recommend for kids are as follows:

- Sago C and zinc lozenges to prevent colds and flu
- A good quality multi-vitamin to cover the bases
- Probiotics for gut health; especially if they have been on an anti-biotic.

Our primary supplement supplier carries an entire line of pharmaceutical grade kids vitamins. We can even add them to your Fullscript prescription so that you can order them online.

