

Children's Health School Health

(NAPSA)—It turns out there are times when it's a good thing for children to say "Get off my back" to schoolwork—namely, when their backpacks are too heavy.

That's the advice from occupational therapists, who say that



Lighten Up—It's important for students to not pack too much into their backpacks.

when it comes to backpacks, kids need to "Pack It Light" and "Wear It Right" to help them avoid injuries. That message will be spread on National School Backpack Awareness Day on September 21 and all year long.

In addition to knowing about proper backpack ergonomics, occupational therapists have expertise in correcting handwriting problems, helping children develop social skills and teaching children effective ways to learn in school.

Occupational therapists will be at schools around the country on National School Backpack Awareness Day. They'll weigh children and their backpacks and provide families with tips on how kids can stay healthy and do well in school.

For more information, visit www.promoteot.org/AI_Backpack_Awareness.html or speak with your local or school occupational therapist.