

Kids



THINC
CHIROPRACTIC

EDUCATIONAL SERIES

Week 3

WEEKLY MEMORY VERSE

Take time this week to memorize this bible memory verse!

Record your child or family reciting the verse together and post on social media. Make sure to tag @thincchiropractic!

I will restore you to health and heal your wounds, declares the Lord.

Jeremiah 30:17

YOUR LESSON

- 1** Watch Week 2 video where Dr. Zane goes over today's lesson on the the systems of the body. View the video on our website: www.thincchiropractic.com
- 2** Practice walking around and sitting down in a chair and getting back up with a book balanced on your head. Video yourself trying to balance the book. By increasing balance, you are working towards better posture.
- 3** Print out our Can you spot good posture? Handout. This activities helps kids to visually see the differences between good and bad posture. Review with your kids what proper posture looks like when they are sitting at a desk, using a cell phone or tablet, standing and walking.

BONUS: Take a pic of your child's completed activities, or while they are completing them, post on social media and tag @thincchiropractic!

Can you spot good posture?

1. Looking at the following pictures, determine which pictures have good postures and which pictures are bad posture.
2. **CIRCLE** the pictures that have good posture
3. Draw an **X** on the pictures that have bad posture.
4. Then write why that picture has good or bad posture.





















What Makes Good Posture?

Your child's poor posture habits now could be setting them up for premature spinal damage and disease in their future. Not to mention as Dr. Zane discussed in Week 1, all of those nerves that are running out from your spinal cord extend out to all of the organs and systems in the body. So poor posture puts pressure on those nerves which can lead to dysfunction in the body. We go over what some of those issues are below.

Good Posture + Proper Alignment = Optimal Function

Characteristics of Poor Posture

Anterior Head Carriage

- Headaches
- Ear Infections
- Sinus Infections
- Poor Balance or Coordination
- Allergies
- Watery Eyes
- Fatigue

Rounded Shoulders

- Asthma
- Difficulty Breathing
- Back Pain
- Digestive Issues

Hips Unlevels

- Growing Pains
- Bedwetting
- Low Back Pain
- Hip Pain
- Constipation/Diarrhea
- PMS

Supination of Feet

- Achilles Tendonitis
- Plantar Fasciitis
- Knee Pain
- Leg Pain
- Uneven wear of shoes

Characteristics of Good Posture

Head

is held up straight and ear is aligned with shoulders and hips

Shoulders

are back and aligned with the hips

Core Muscles

are engaged so pelvis remains in neutral position

Low Back

has slight curve

Knees

are centered over ankles and slightly best with achilles tendon perpendicular to ground (no bowing)

Feet

are forward facing and apart

Contributing Factors to poor posture and improper spinal development.

Birth Trauma

Back Packs

Sleeping Habits

Infant Furniture

Lacking of Exercise

Gaming Devices

Watching TV

Text/Tablet Neck

Physical Trauma