

## **Some tips on how to chose the right backpack for your child:**

Pick the right size. A small child should have a small bag made specifically for small children, such as one that has straps that can be adjusted from small to extra large.

Make sure the backpack fits the child snugly and that it is worn high. A waist strap also helps with support.

Look for sturdy straps and make sure the child uses both straps, which should be wide and padded.

Children should carry no more than 10 percent of their body weight in the backpack.

