

Backpack Shopping

Listed below is information regarding how to properly select a backpack.

The **American Academy of Pediatrics (AAP)** recommends that parents look for the following when choosing the right backpack:

- **a lightweight pack** that doesn't add a lot of weight to your child's load (for example, even though leather packs look cool, they weigh more than traditional canvas backpacks)
- **two wide, padded shoulder straps**; straps that are too narrow can dig into shoulders
- **a padded back**, which not only provides increased comfort, but also protects kids from being poked by sharp edges on objects (pencils, rulers, notebooks, etc.) inside the pack
- **a waist belt**, which helps to distribute the weight more evenly across the body
- **multiple compartments**, which can help distribute the weight more evenly