

## Home Schooling: A Parental survival guide

# MOM, my BACK hurts!

When you are wearing “multiple hats” this is the last thing you want to hear.

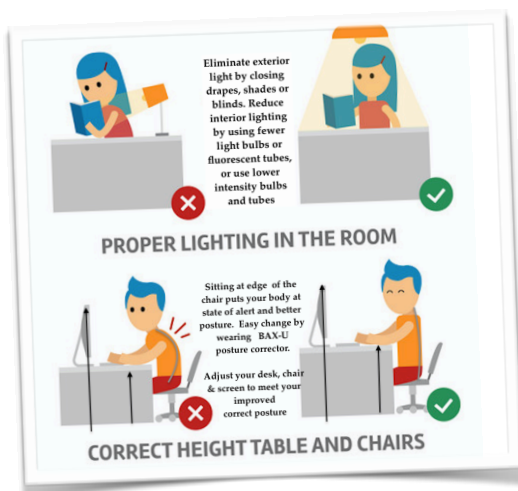
Do you suddenly find yourself schooling children from home and wondering how to make this work in the coming weeks? Trying to cope with working from home, balancing relationships, cooking, cleaning, homeschooling are exhausting and tolling on a woman, man and even kids. Here are some helpful tips from John Hopkins school of Medicine study.

1. Developing a daily schedule helps both you and your child(ren) schedules.
2. Provide clear and consistent expectations,
3. Home schooling parents frequently note that their kids work 2-3 hours a day.
4. Mix academic with active movements. ( dance/ yoga/ walk in part/ craft)
5. Go with your Childs level. Books have grade levels written on the bottom back corner that can guide you.
6. Start modestly, check in with the goals throughout the week, and praise your child when their goals are met

Be realistic with yourself, There are going to be days that are challenging. Be gentle with yourself, be gentle with your kids, and find the support you need. Reach out to friends or family by phone or a neighborhood support group (virtually, of course).

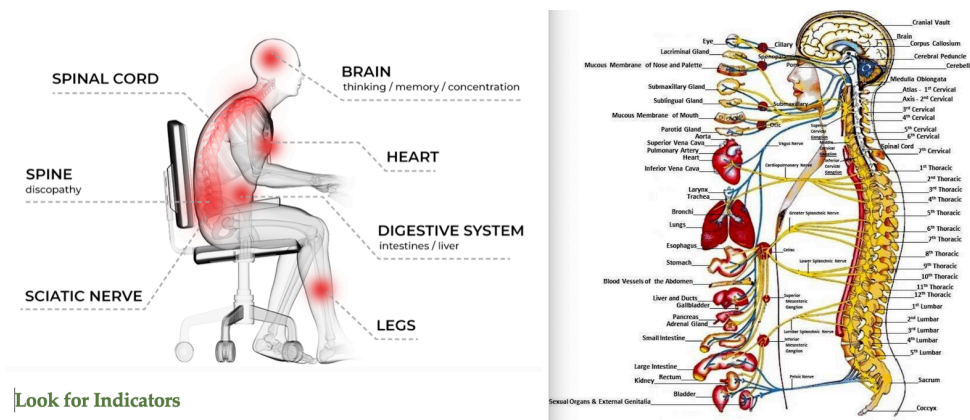
### Aches, Pains, Home-schooling challenges:

Improper posture may put too much stress on the back and neck. The key to good back posture is to keep the right amount of curve in your neck, mid and lower back. A healthy back has three natural front-to-back curves that give the spine an "S" shape. Too much curve (swayback) or too little curve (flat back) can result in problems. The right amount of curve is called the neutral position.



If left uncorrected poor posture can lead to early spinal degeneration or even adult onset scoliosis. When children develop a bad posture habit, the effects can be long-lasting. Back and neck pain is only one aspect of the problem. Poor posture can also cause the spinal cord to change shape, which can create chronic pain and affect balance.

Poor posture also has an effect on the rest of the body. Sitting for extended periods of time with poor posture compresses the digestive organs, which has a negative effect on the digestive system. Bad posture is also associated with adult/ adolescent onset scoliosis, and an elevated risk of shortness of breath and lack of energy.



The nervous system controls the healthy function of every cell, tissue organ and system of your body. Poor sitting habits can compress the growing spine and alter the flow of normal neural impulses to the organs. Wearing BAX-U posture support has proven record of improving posture in children, adolescents and adults.

**Look for Indicators: Check your Childs posture:**

You can check your child stamina or laying down. This is also a good way to check Adolescents, (wear bathing suits to see body changes):

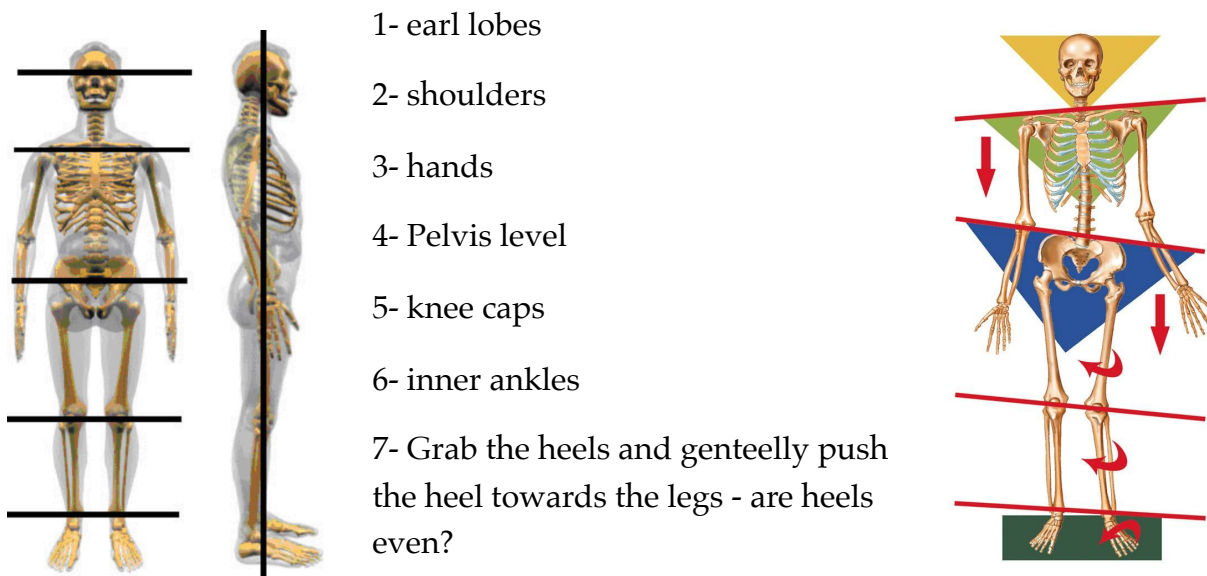
- 1-Lay on the floor/ stand comfortably,

2-Breath in- & out relax shoulders.

3-At same time tap your feet 5x

5-Exhale and relax shoulders relax feel and just lay there.

**Parents: Check the posture based on landmarks. This a perfect home screening for none congenital and congenital scoliosis.**



Here are some other items to look at:

- Check worn-out shoes even or uneven?
- Check walking patterns.
- Check posture when sitting, standing and playing.

If there is any more than 2+ findings contact us or

Work Smarter, Work Less , Get more results with less effort, Smarter & Healthy HACK:

A fun group activity to reduce stress and increase joy is breathing! Yes! Breathing as a group. Must be done 5x breaths in a row:



## Correct Posture



1- Breath in on count of 3sec. (kids) & 6 sec. (adults) while filling your bellies with oxygen,

2- Hold smile and

3- Exhale for count of 5 sec. (kids) & 10sec (adults)



**Dr. Romina Ghassemi D.C.**  
Founder/ Innovator Chiropractor  
8711 Venice Ave LA, Ca 90034  
866 866 BACK[2225]

References:

<https://edpolicy.education.jhu.edu/parent-resource-suddenly-homeschooling-a-parents-survival-guide-to-schooling-during-covid-19/>

<https://www.mottchildren.org/health-library/not161#not161-sec>





**MEMORY FOAM**  
Memory foam adjusts to body contours and reduces pressure on sensitive areas. They can also help reduce tossing and turning. Today's memory foam pillows come in many shapes and sizes to match your sleep style.

**FEATHER PILLOW**  
By weight, a feather is as strong as titanium. Feathers are nature's natural spring, providing a high level of support. The best feather pillows are the ones that use very small highly curled feathers. You should never feel the quill through the cover.

**LATEX PILLOW**  
Latex pillows are naturally mildew proof and dust mite resistant, making them some of the most hypoallergenic and comfortable pillows available.

**NECK PILLOW**  
Neck pillows are specifically designed to support the head and neck. Traditional pillows don't offer this kind of support, which is why many people with back problems make use of a neck pillow.

**BODY PILLOW**  
Body pillows are typically placed in between the legs for hip and lower back support. Many people love the all-encompassing comfort a body pillow offers.

**GEL PILLOW**  
Gel pillows contain a liquid gel layer that helps to dissipate body heat, providing a cool sleep experience and ensuring a comfortable night's rest.

**DOWN PILLOW**  
Soft and supple, down pillows are known for luxury. The best down is European White Goose Down, with a fill power of 600 and up. These are not meant for head or neck support.

**WEDGE PILLOW**  
Wedge pillows are made of a foam or polyester fiber fill or a combination of both. They're great for reading in bed or to help ease acid reflux. They're also great for elevating the legs and feet.