

KIDS COPY US!

by: Nadia Bender



Okay, so I have seen my own three kids copying me. It's fine when I am aware of it but not okay when they copy my bad habits!

Here I am at their school concert and my sons are on stage doing their class performance. What I found interesting in the performance was the postures of the kids - some very confident and others trying to hide, some hunched over and embarrassed to perform.

What makes these kids' postures so different? What gives some kids such confidence and good posture?

At some point, kids learn from watching our behaviors - so ask yourself, are you a role model of good posture?

What can you do to make yourself a better role model?

Well, I have been working with my kids to improve their postures by reminding them to "keep your shoulders back and suck it in!"

They have seen me hunched over when my back was acting up and pointed it out to me. I am reminded that I have to practice what I preach so that I don't encounter the same back problems as before.

For good posture, aim for ears over shoulders, shoulders over hips, hips over knees, and knees over ankles. Various muscle weakness or tightness issues can cause misalignment.

What is your posture like when you check out your profile in the mirror?

Want a second opinion on your profile? Then give us a call and we can help you realign yourself so that you are a role model not only for your kids but also for yourself.

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