

## LIBRARY DETECTIVE

### Pay Attention and Watch Your Child's Back

By Stacey Anter

For The Woman's Page

It's back to school time! It's Library Card Sign-Up Month and it's time to get your child a library card if he or she doesn't already have one. The library card is one of the most important things a child can have before, during, and after school. Kids can choose books to entertain them, or to learn from. Movies can be borrowed from the library for FREE (my favorite four-letter word!). Kids can go to the library for homework help, Internet access, or just a friendly face. Your Library Card is your ticket to anywhere you want to be. So, don't leave home without it!

It's also time to buy school supplies like notebooks, pencils, pens, crayons, folders, organizers, and more. But what about backpacks? September is the perfect time for celebrating Backpack Safety America Month. Did you know that 89 percent of chiropractors surveyed by [www.backpacksafe.com](http://www.backpacksafe.com) said that they saw patients between the ages of 5 and 18 who complained of neck, back or shoulder pain due to carrying heavy backpacks? Excessive weight in backpacks can cut blood flow to the shoulder muscles, according to Miranda Hitti's WebMD article, "Take the 'Ouch' Out of Kids' Backpacks". Hitti states, "Average backpack loads reportedly equal 22% of a child's bodyweight," and that is way too much for most kids to carry. Backpacksafe.com suggests that your child's backpack should not weigh more than 15% of his or her body weight. They provide *4 Steps to Safe Backpack Use: Choose Right* (pick the right size backpack for your child), *Pack Right* (if the weight of the bag forces your child to compensate by leaning forward, it's too heavy), *Lift Right* (lift with your legs), and *Wear Right* (use both straps, and a waist strap if it has one). Visit their website, [www.backpacksafe.com](http://www.backpacksafe.com) for more information, and help your child lighten the load when they go back to school.

With school already or soon to be in session, your child also needs to focus and get back into learning mode, and that may be difficult for some kids on a regular basis, not just after summer vacation. The Attention Deficit Disorder Association ([www.add.org](http://www.add.org)) states, "Attention Deficit Hyperactivity Disorder (AD/HD) is a condition resulting in symptoms of inability to maintain attention, impulsive behaviors and/or motor restlessness." If you suspect that your child may have AD/HD, talk to your child's pediatrician, and to his or her teacher.

It is also known for adults to have ADD or ADHD. There are many resources available to learn about ADHD, including the ADDA website, <http://www.add.org/>, and the Children and Adults with Attention Deficit / Hyperactivity Disorder website: [www.chadd.org](http://www.chadd.org). You could also check out these books from your local library: The Survival Guide for Kids with ADD or ADHD by John F. Taylor, Survival Guide for College Students with ADHD or LD by Kathleen G. Nadeau, The Everything Parent's Guide to Children with ADD/ADHD by Linda Sonna, Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach by Vincent J. Monastra, The Gift of ADHD: How to Transform Your Child's Problems into Strengths by Lara Honos-Webb.

There are also books that focus on Adult ADD, such as: Scattered Minds: Hope and Help for Adults with Attention Deficit Hyperactivity Disorder by Lenard Adler, ADD-friendly Ways to Organize Your Life by Judith Kolberg, Attention Deficit Disorder: the Unfocused Mind in Children and Adults by Thomas E. Brown, Ph.D, Do You Have Attention Deficit Disorder by James Lawrence Thomas, and Journeys Through ADDulthood: Discover a New Sense of Identity and Meaning While Living With Attention Deficit Disorder by Sari Solden.

September has many celebrations, holidays and events that many of us haven't heard before, or have forgotten. I'd like to mention some of my favorites because they're odd, significant, or just plain fun.

Chicken Boy's Birthday is September 1<sup>st</sup>. According to Chase's, "Chicken Boy is a 22-ft statue of a boy with a chicken's head, holding a bucket of chicken. Formerly the mascot for the restaurant for which he is named, he was rescued from destruction when the restaurant went out of business by Future Studio of Los Angeles, a graphic design studio. Chicken Boy has since become a pop culture icon."

Love your weirdo on September 9<sup>th</sup>, Wonderful Weirdos Day. The Chase's Calendar of Events states, "All of us are blessed with one or two wonderful weirdos in our lives. These are the folks who remind us to think outside the box, to be a little more true to ourselves."

September 11<sup>th</sup>, a day that will forever be imbedded in our minds is also Libraries Remember Day. Chase's says, "Libraries represent everything that is antithetical to the fanaticism responsible for the terrorist events..." [of 9/11] and it encourages libraries to stay open for 24 hours "as remarkable symbols of freedom, tolerance and hope."

September 15<sup>th</sup> is National POW/MIA Recognition Day. Need I say more?

National Clean Hands Week is September 17-23. You'd be surprised how many people DON'T wash their hands! Ewwww! All hail Adrian Monk! Wipe, Please?

One of my favorite celebrations falls on September 19<sup>th</sup>: Talk Like A Pirate Day! This can be quite a fun day if you like being silly and letting your guard down for one day. There's even a book written by the co-founders, John Baur and Mark Summers, entitled, "Piratitude!" So, batten down the hatches, mateys, and set sail on the cyber-seas to [www.talklikeapirate.com](http://www.talklikeapirate.com)

Banned Books Week (September 23-30) Celebrating the Freedom To Read. Authors whose books have been banned or challenged include J. K. Rowling (Harry Potter series) and Judy Blume (Blubber, Are You There God? It's Me Margaret, Forever ), Dav Pilkey (The Captain Underpants series), and R.L. Stine (Goosebumps series). Of Banned Books Week, Chases' states that it, "Brings to the attention of the general public the importance of the freedom to read and the harm censorship causes to our society." For more information, visit: [www.ala.org/bbooks](http://www.ala.org/bbooks)

I call myself the Library Detective because I can find the answers to any question you can think of, or at least I can point you in the right direction. To find out more about Backpack Safety, ADD or any of these other events or celebrations, visit your local library; there are more Library Detectives there, too. Now you can read my previous columns, as I have compiled them in a Blog (<http://librarydetective.blogspot.com> ). If you have any questions or comments, feel free to email me at [StaceyAnter@cox.net](mailto:StaceyAnter@cox.net).