

Grow WITH



How Tall am I Now?

STEP 1: Measure height from the floor to the head with a measuring tape, mark on a wall. *(take shoes off)*

STEP 2: Use this ruler each month to see how much you have grown!



GROWTH IS THE FASTEST:

- Boys at age 13
- Girls at age 12

GROWTH SPURTS LAST AN AVERAGE OF 2 - 3 YEARS

HEIGHT INCREASES NATURALLY about 2 inches a year, and 4 inches a year during the growth spurt.



Tips

TO GET THE
MOST OUT OF
YOUR CHILD'S
GROWTH SPURT

● **Monthly Height Checks:** Consistent height checks during adolescence are KEY to keeping a check on the progression of their scoliotic curve. If you're finding a 'jump' in height from one month to the next, and your child/teen has scoliosis, or you are suspecting it: that's a sign that their scoliotic curve is changing. Follow up with your pediatrician and contact our clinic for an evaluation and/or treatment session.

● **Calcium and Vitamin D:** These nutrients are vital to bone growth! Eat foods such as dark green leafy vegetables, white beans, fish, eggs, cheese and foods fortified in Vitamin D such as cereals, OJ and dairy products.

● **Sleep:** 9-11 hours/night for kids ages 6-13 and 8-10 hours/night for teens ages 14-19. Sleep is ESSENTIAL for tissue growth and repair.

● **Daily Exercise:** Bones love weight bearing so go take a walk, run or skip in the park to help your bones grow strong and healthy.

Schedule a Complimentary
SCOLIOSIS SCREENING TODAY!

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