兒童新聞 Children's Newspaper

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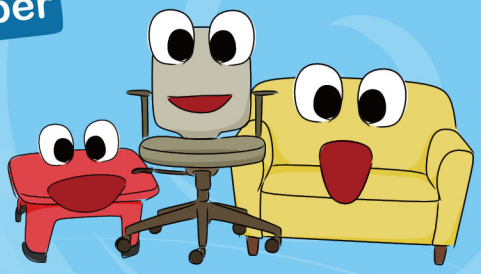
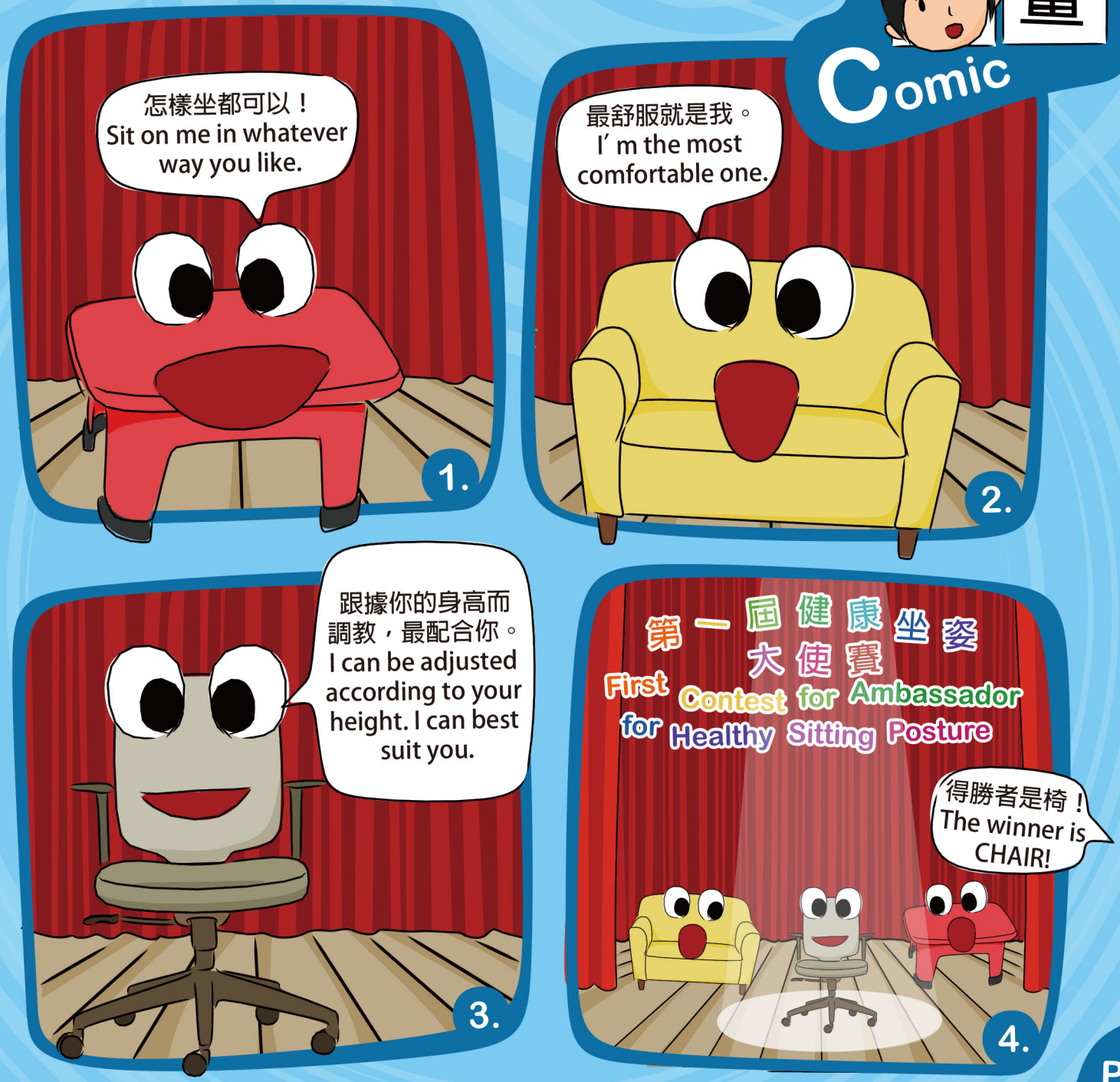
健康坐姿大使
Ambassador for Healthy Sitting Posture



漫畫 Comic



News 新聞

居住環境狹窄致坐姿不當 八成貧窮兒童有脊骨問題

一項調查發現，居於劏房、天台屋等處所的貧窮兒童，近八成有脊骨問題。

社區組織協會與香港脊骨神經科醫學院基金會去年10月至今年2月以問卷訪問142名貧窮兒童，他們平均居住面積為163平方呎，大部份人家中沒有書桌或固定地方學習。

脊醫評估後發現，79.6%人脊骨有問題，料高達96.5%與居住環境有關。脊醫朱銘謙指，貧窮兒童主要受環境因素影響致坐姿或站姿不當，出現寒背、脊柱側彎及頸痛等情況。最嚴重的一名約七歲兒童，長期使用床上的茶几做功課，因高度不合適，出現脊柱側彎以致肋骨向外傾。

(互聯網圖片 Internet photo)

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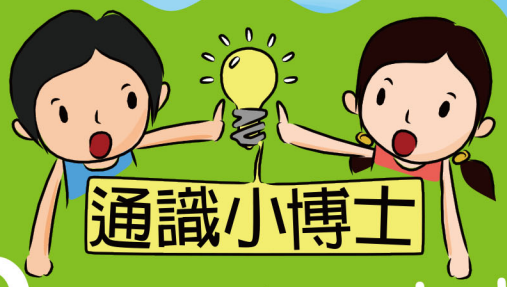
Cramped Living Conditions Cause Children's Spine Problems

A recent study found that almost 80% of children living in subdivided flats or similar conditions have problems with their spines.

The Society for Community Organisation and Hong Kong Chiropractic College Foundation interviewed 142 children living in subdivided flats, cubicle apartments or rooftops from October 2015 to February 2016. Their living area is 163 square feet on average. Most of them do not have a desk or studying place at home

It was found that 79.6 percent of these children faced potential problems concerning spine development, with living conditions playing a role in 96.5% of these cases. Chiropractic doctor Chu Ming-him said that the children's sitting and standing postures were affected by their living conditions. The improper postures can cause slump back, scoliosis and neck pain. In the most serious case, a seven-year-old child has scoliosis and ribs curving outwards because he always uses a teapoy on the bed to do homework.



Doctor Knowledge

兒童的正確坐姿

從兒童開始唸書、寫字時，
家長就應特別留意正確的姿勢：

1. 坐正坐直：身體不過度前傾或後仰，臀部坐滿椅子並使身體跟大腿成90-95度。

2. 調校座椅高度：使手肘與桌面同高。

3. 雙腳位置：大腿與小腿成90-105度角，同時雙腳能舒服地平踏地面。如果不能，可以用腳踏板來彌補落差。

4. 善用看書架：孩子通常需要看書，用看書架可避免長時間低頭使頸部肌肉疲勞。

Proper Sitting Posture

When children start reading and writing, parents should pay attention to their sitting posture:

1. Sit up straight: the body should not lean forwards or backwards too much. Push the hips as far back as they can go in the chair making the body and the thighs form a 90-95 degree angle.

2. Adjust the seat height: the wrists are even with the surface of the desk.

3. Foot position: the thighs and lower legs should make a 90-105 degree angle and the feet are flat on the floor. If the child cannot place his feet comfortably on the floor, use a footstool.

4. Use reading racks: children always need to read. Using reading racks can avoid neck fatigue caused by lowering the head for a long time.

English Zone

精叻英語

請為以下每個圖畫選擇一個正確的英文名稱。
Come on! Let's choose the correct word(s) for each picture!

a. bed
b. sofa

a. chair
b. stool

a. teapoy
b. teapot

a. desk
b. bookshelf

是誰為大？是坐席的呢？是服事人的呢？不是坐席的大嗎？然而，我在你們中間如同服事人的。(路22:27)

For which is greater, the guest who is seated at a meal or the servant who is waiting on him? is it not the guest? but I am among you as a servant. (Luke 22:27)

天父給我的信

God's Letter to Me

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