

The school bag – information for parents

The search begins before your child starts school: finding the right school bag. Some children want one with a dinosaur or pony design; others prefer pirates or princesses. For parents, however, the appearance is less important. When choosing their child's school bag (and sports bag), they should pay attention to other details:

- choose a model that is light and not too big.
- The straps should be wide, well-padded and definitely not too long.
- Choose safety colours that are easily visible such as orange or yellow with reflective material on the front and side surfaces (there is a norm for this in Germany: DIN 58124).
- Help your child to pack their school bag for the first few days.
- The bag should weigh maximum 1/10 of the child's body weight (this means that if the child weighs 40kg, the bag should weigh max. 4kg).
- Toys and leisure items do not belong in school bags.
- Drink bottles should be made from as light a material as possible.
- Ensure that the weight is distributed evenly in the bag.
- Your child's sports bag should only contain sports equipment.



It's best to buy the school bag together with your child. It doesn't necessarily need to be new. There are many second-hand models that are in very good condition.