



**CARE & LEARNING SERVICE
OCCUPATIONAL THERAPY ADVICE FOR
POSTURE AND SEATING**

When using our hands for activities, such as feeding, playing and writing, it is important to have good posture and positioning

Check for:

- Children who look awkward in their chair
- Children who have difficulty staying in their chair (fidgets, moves a lot or needs to get up all the time)
- Children who are hunched over their desk (head too close to their work)

Why it is important?

- If a child has to concentrate on keeping stable or maintaining a comfortable position, the child will be less able to concentrate on the task that they are doing
- The child may miss instructions, fidget, appear restless and become disruptive
- A child's ability to use their hands will be improved if the child has a good sitting posture

Ideal position:

- Provide the child with a level table and firm chair
- When the child is seated, check that the table and chair height are appropriate
- A child should be sitting symmetrically
- The hips and knees should be bent to approximately 90°
- The seat depth should be long enough to support the thighs fully
- The lower back should be in contact with the backrest
- The child should be able to pull their chair in so that they can comfortably reach the table top with their feet on the floor under the table
- Forearms should be able to rest comfortably on the table
- Feet should be supported on the floor; if the child's feet do not touch the floor – try to support their feet on a step or box
- Ideally, the child should have a clear view of the white / black board



What to do when a child has poor sitting posture:

- Check the table and chair are suitable height and size
- Provide verbal reminders to keep their feet flat on the floor, bottom back on the chair, back straight, arms forward on the desk with the chair pulled in towards the table
- Visual reminders of good posture, such as a picture (see previous page), can be helpful. This could be laminated and taped on the desk
- If a chair is too high but appropriate for a table, the child's feet may not reach the floor, a foot block, non slip box or a foot rest can be used to rest feet on

Move-n-sit cushion or wedge cushion:

- A move-n-sit cushion is a triangular wedge shape cushion with knobbly bits which is filled with air
- It is good for children who sit with rounded shoulders as the cushion helps the body sit in a good sitting position
- It may help calm children who fidget and may help with attention and concentration
- The cushion can be used on a chair or on the floor



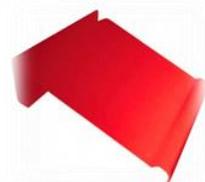
Disc-o-sit cushion (air cushion):

- A circular cushion with knobbly bits that is filled with varying amounts of air to adjust how much effort is required to stay upright - the more air the more effort
- The cushion can help children who move around excessively in their seats by providing them with regular movement and may help with attention and concentration
- The cushion can be used on the chair or on the floor



Angle writing sloping board:

- Helps children who get too close to their work, resulting in bad posture and more effort
- Encourages children to have a more upright posture, which helps with wrist and hand function



Possible Suppliers:

Posturite	www.posturite.co.uk	telephone 08453 450010
Special direct	www.specialdirect.com	telephone 0800 1381370
LDA	www.learning.com	telephone 08451 204776
Amazon	www.amazon.com	