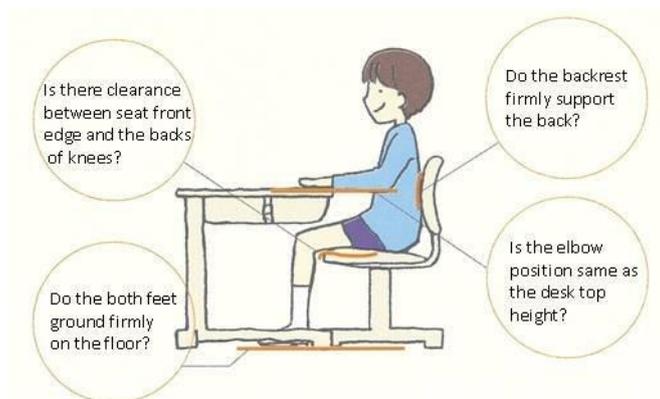


Getting Seating Right

Good seating and positioning enables children to direct their concentration to the task at hand, whether that be listening to instructions, doing writing, cutting or eating at the dinner table. A child who has poor sitting posture may have to put effort in to sitting upright and might find themselves fidgeting a lot or working with their arms up high to reach the table. These distractions can affect their ability to demonstrate their best abilities.

What Does a Good Posture Look Like?



- Hips, knees and ankles are at 90 degrees (hips can be a little higher than the knees if this is more comfortable and the feet are supported)
- Appropriate seat depth so that the bottom is at the back of the chair and the thighs are fully supported. Make sure that the front of the seat is not digging into the back of the knees
- Appropriate seat height so feet are flat on the floor or are supported in some other way
- Forearms rest comfortably on the table, without shoulders being "hunched"
- Chair can be pulled fully under the desk/table

Behaviours that may Indicate Seating Isn't Right:

- Sitting on the front edge of the seat.
- Kneeling on the chair.
- Wrapping their legs around the chair legs.
- Tipping the chair forward onto the front 2 feet.
- Sitting hunched over the desk with their head close to their work because the table is too low.
- Working with elbows and shoulders raised because the table is too high.



What Can You Do To Help?

- Can you change the height of the table or chair?
- Can you use a foot step, or place an object under their feet to support them?
- Can you put a cushion at the back of the chair for the child to rest back against?



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