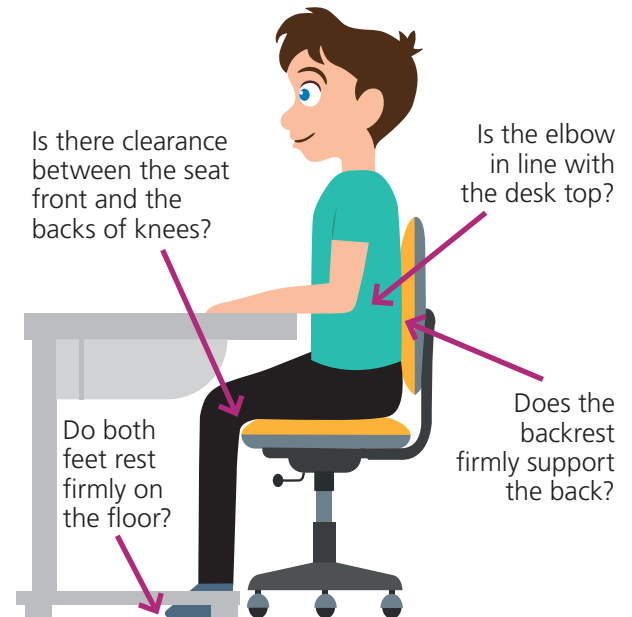


Getting seating right

Good seating and positioning enables children to direct their concentration to the task at hand, whether that includes listening to instructions, writing, cutting or eating at the dinner table. For a child who has poor sitting posture, sitting upright may require effort. They might find themselves fidgeting a lot or working with their arms up high, in order to reach the table. These distractions can impair their ability to perform optimally.

What does good posture look like?

- ✔ Hips, knees and ankles should be 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 that feet are flat on the floor or are supported in some other way
- ✔ Forearms should rest comfortably on the table, without shoulders being 'hunched'
- ✔ You should be able to pull the chair fully under the desk/table



Behaviours that may indicate that seating isn't right:

- ✘ Sitting on the front edge of the seat
- ✘ Kneeling on the chair
- ✘ Legs wrapped around the chair legs
- ✘ Tipping the chair forward onto the front two feet
- ✘ Sitting hunched over the desk, with the child's head positioned 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?

Contact us

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