



# Sitting Posture

## What is it and why is it important?

Sitting posture is crucial during handwriting and table-top activities. This allows the individual to have a stable trunk so they can have good shoulder control. This shoulder control will allow them to further develop their fine motor skills. The individual should aim for a 90° in their ankle, knees and hip joints. The individual should have the table at their elbow height and feet flat on the floor.

## How do I know if my child needs help?

Children who have difficulty with seating posture may exhibit the following behaviours:

- Slouching
- Resting their head against the table or on their arm
- Swinging their legs under the table
- Crossing their legs while seated at the table
- Wrapping their legs around the chair legs
- Constantly swapping positions when they are seated
- Sitting on the edge of the chair

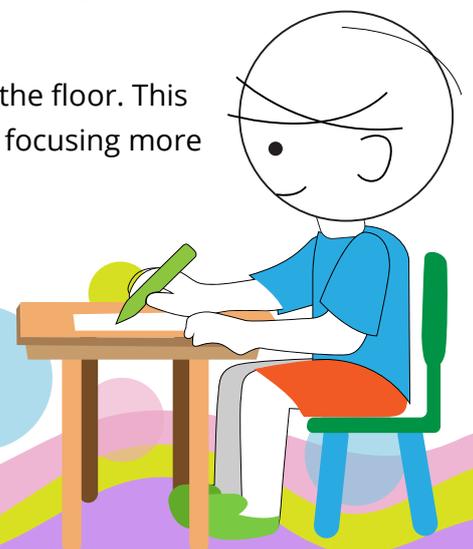


## Common problems with sitting

**Table too high:** When the table is too high, the child can sit with hunched shoulders. This can restrict movement and when held for a long period of time can cause pain.

**Table too low:** When the table is too low, the individual may lean further over the desk to attempt to stabilise their trunk and shoulder.

**Chair too high:** If the chair is too high, the child's feet cannot touch the floor. This reduces the stability of their base support. This can lead to the child focusing more on stabilising their body, rather than focusing on the task at hand.





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## Common problems with sitting

**Chair too high:** The child's knees may hit the bottom of the table. This position can become uncomfortable over long periods of time.

## Strategies for my child

- Remind them to sit with their ankles, knees and hips at 90 degrees.
- Use a visual and/or verbal rhyme to help them remember the correct seating posture.
- Tell the child to imagine someone pulling a string connected to the top of their head to remind them to sit up straight.
- If the child cannot touch the floor, use a foot block or box so they can rest their feet flat on a surface.
- Use a slant board to help children create more stability in their forearm during handwriting tasks and to sit in a more upright position.



### References

- TheSchoolRun. 2020. Video: Handwriting Posture And Seating Advice. [online] Available at: <https://www.theschoolrun.com/video-handwriting-posture-and-seating-advice> [Accessed 24 August 2020].
- Wales.nhs.uk. 2020. Posture And Seating For Writing. [online] Available at: <http://www.wales.nhs.uk/sitesplus/documents/861/Posture%20and%20Seating%20for%20Writing.pdf> [Accessed 24 August 2020].