

## **CORRECT SITTING POSTURE**

It is important that the child is sitting appropriately for all writing and fine motor tasks. Shoulders and upper limbs should be free to perform motor skills and not supporting the body on the table. Check that:

- **The chair and table are the correct height.** The height of the desk should be 2" above the bent elbow when the child is seated squarely on the chair. The chair should be roughly the third of the height of the child.
- **Both feet flat** on the floor (or supported on a box)
- **Straight back, leaning slightly forwards.** Hips, knees and ankles should be at 90°
- **Forearms resting** on the table.
- **Child's head** is the correct distance from the paper i.e. a forearm's length from chin to table.
- **Chair pulled in** to the table.
- **Sit facing teacher** / away from distractions!

### **If sitting posture poor:**

- Try flexion/extension exercises in gross motor section
- Try a wedged cushion to promote a better sitting position – this needs to be positioned with the higher section at the back of the seat (refer to equipment Suppliers Appendix 1)
- Try sloping writing board to aid extension of wrist and trunk (refer to equipment Suppliers Appendix 1)