

Paediatric Occupational Therapy

sitting posture



Good sitting involves an upright, symmetrical and stable posture. This enables children to effectively carry out table top tasks such as handwriting, feeding and playing. Good sitting helps the child use less energy keeping themselves upright and balanced and more energy for tasks they are engaged in when sitting.

preparation

- ❖ Provide the child with a level table and firm, upright chair.
- ❖ When the child is seated, check that the table and chair height are correct.
 - The chair seat height should be the same as the distance from the child's heel to crease behind their knee.
 - The table height should be level with their elbows when shoulders are relaxed.

practice

Check the child's body position.

- ❖ Child should be sitting symmetrically.

- ❖ Feet should be flat on the ground or supported on a box and hip width apart.
- ❖ Bottom and lower back touching the back of the chair.
- ❖ Hips and knees bent to approximately 90⁰
- ❖ Thighs should be fully supported and weight evenly distributed.
- ❖ Child should pull their chair in so that they can comfortably reach the table top with feet under the table.
- ❖ Child should lean forward from the hips with a straight back.
- ❖ Shoulders relaxed.
- ❖ Forearms resting comfortably on the table.

adjustments

The following items could assist with developing your child's sitting posture however this list is not exhaustive. Please find purchasing information under resources.

- ❖ Footstool. This can be used to raise the child's feet so that they are sitting in the optimum position. Ensure the footstool is stable and is not a trip hazard when children are moving around.
- ❖ Angled Surface to write on. This encourages a child to have a more upright posture for wrist and hand function, and reduces the need for the child to lean too close to their work .
- ❖ Table Raisers. To raise the level where the child's forearms rest comfortably on the table.
- ❖ Wedge Cushion. This encourages more upright posture, helping the child to lean forward from the hips.

Developed October 2010 with reference to Northumberland Care Trust

