

CARE & LEARNING SERVICE OCCUPATIONAL THERAPY ADVICE FOR

POSTURE AND SEATING

When using our hands it is important to have good posture and positioning, particularly for activities that require coordination and concentration, such as feeding, playing and writing.



Check for:

- Children who look awkward in their chair
- Children who have difficulty staying in their chair (fidgets, moves a lot or needs to get up all the time)
- Children who are hunched over their desk (head too close to their work)

Why it is important?

- If a child has to concentrate on keeping stable or maintaining a comfortable position, the child will be less able to concentrate on the task that they are doing
- The child may miss instructions, fidget, appear restless and disruptive
- The use of the hands will be improved if the child has a good sitting posture

Ideal position:

- Provide the child with a level table and firm chair
- When the child is seated, check that the table and chair height are correct
- Child should be sitting symmetrically
- Hips and knees bent to approximately 90°
- Seat depth is long enough to support thighs fully
- Lower back is in contact with the backrest of the chair
- Child should pull their chair in so that they can comfortably reach the table top with their feet under the table
- Forearms can rest comfortably on the table and feet are supported on the floor; if the child's feet do not touch the floor, support their feet on a foot step
- Ideally the child should have a clear view of the white/black board

What to do when a child has poor sitting posture:

- Check table and chair are suitable height and size
- Provide verbal reminders or prompting to keep their feet flat on the floor, bottom back on the chair, back straight, arms forward on the desk with the chair pulled in towards the table
- Visual reminders and pictures of what good posture should look like can be helpful
- These can be laminated and taped on the desk

If a chair is too high but appropriate for a table, the child's feet may not reach the floor. A foot block, non slip box or a foot rest can be used to enable the feet to rest fully on a surface.

Move-n-sit cushion or wedge cushion:

A move-n-sit cushion is a triangular wedge shape cushion with knobbly bits which is filled with air, it is good for children who sit with rounded shoulders as the cushion helps the body sit in a good sitting position, it may help calm children who fidget and may help with attention and concentration.



The cushion can be used on a chair or on the floor.

Disc-o-sit cushion (air cushion):

This is a circular cushion with knobbly bits that is filled with varying amounts of air to adjust how much effort is required to stay upright the more air the more effort. The cushion can help children who move around excessively in their seats by providing them with regular movement. It may help with attention and concentration.

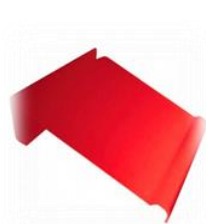


The cushion can be used on the chair or on the floor

Suppliers:

LDA www.learning.com telephone 0845 120 4776
Special direct www.specialdirect.com telephone 0800 318 686
Amazon www.amazon.com

Angle writing sloping board:



By improving posture we aim to reduce the amount of effect when writing. For a child that gets too close to their work, try using an angle writing sloping board. 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.



Suppliers:

Posturite www.posturite.co.uk telephone 0845 345 0010
Special direct www.specialdirect.com telephone 0800 318 686
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