



Good sitting posture

Possible challenge:

Difficult to maintain concentration and attention, fidgeting/ moving around, passive, distractible and slumped posture.

Helpful Tips: Occupational therapists are aware that good sitting posture can help a child focus and attend to tabletop tasks as they are sitting in a supportive and comfortable way. A child seated correctly is in a better position to learn to use cutlery, playing, writing and it can help them sit for longer periods.

Where possible:

- Bottom well back in the chair
- Knees in line with the hips
- Feet flat on the floor, a stable footrest may be used
- Both arms resting comfortably on the desk, without causing the shoulders to shrug

How to help:

If the chair is too big:



If the chair is too small:



Quick solutions

A foot block/ tray anything to put their feet on to ensure feet are supported.

A cushion behind back if the chair is too large

Look in other classes for appropriate height tables and chairs.

Just Right!

