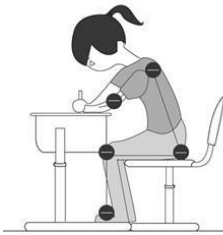





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**Worksheet C**

**Sitting Posture**

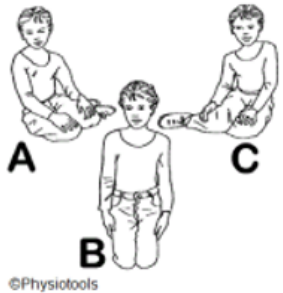

Children with poor postural control/poor core stability may slump when sitting, lean on the table or other surface for support, fidget to find a comfortable position as they fatigue quickly, and may sometimes choose to kneel on the chair/sit on their feet. It is important that children have a good stable base of support in order for them to achieve maximum fine motor control.

Area of Difficulty	Strategy	Tick when strategy has been tried and add comments.
<p>Poor/slumped posture when sitting on a chair.</p> <p>Child needs to adjust position regularly</p> <p>Child wraps feet around legs of the chair</p> <p>Child perches on front of chair</p> <p>Child falls off chair</p>	<p>Ensure the child can sit with their bottom at the back of the chair and feet flat on the floor. Their hips, knees and ankles should be at 90 degrees. The height of the desk should be (5cms) above the bent elbow (when the child is seated correctly on his/her chair).</p> <ul style="list-style-type: none"> <li>- Some children may need a smaller or bigger chair depending on their size.</li> <li>- Consider using a foot box to support their feet. An empty upturned book bag tray is often useful.</li> </ul> <p style="text-align: center;">X</p>  <p style="text-align: center;">✓</p> 	
<p>Child stands at table</p>	<p>Avoid basic chairs with little ergonomic shape e.g...</p>  <p>There are some standard classroom chairs that offer better support e.g. Postura chairs...</p> 	


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	<p><a href="https://www.tts-group.co.uk/postura-plus-classroom-chairs/1008806.html">https://www.tts-group.co.uk/postura-plus-classroom-chairs/1008806.html</a></p>	
	<p>Give the child a Move 'n' Sit cushion to sit on to encourage 'active sitting' and promote a more upright posture. Ensure the child's feet can touch the floor or provide a foot box. See 'Move n Sit' advice sheet for details.</p>	
	<p>Provide opportunities for regular change of position and movement breaks. See links at end of booklet for ideas for whole class movement break videos available on YouTube</p>	
	<p>Provide opportunities for the child to practise some core strengthening exercises. These ideas should be completed in PE/Gym Trail sessions and at home at least 3 times a week for 15-20mins.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>©Physiotools</p> </div> <div style="width: 50%;"> <p><b>Bridge</b></p> <ul style="list-style-type: none"> <li>- Lie on your back with knees bent and feet flat on the floor. Small gap between your knees.</li> <li>- Lift your bottom off the floor as high as possible.</li> <li>- Hold for 1, 2, 3...secs. Aim to increase length of time.</li> <li>- Try passing a ball under your bottom and over your tummy.</li> <li>- Return to starting position SLOWLY.</li> <li>- Repeat.</li> </ul> </div> </div> <hr style="width: 30%; margin: 10px 0;"/> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  <p>©Physiotools</p> </div> <div style="width: 50%;"> <p><b>Sitting on a Gym Ball</b></p> <ul style="list-style-type: none"> <li>- Sit on a gym ball. Make sure the ball is the correct size and allows you to sit with feet flat and thighs level.</li> <li>- Carry out activities at the table, watch TV or listen to a story.</li> <li>- Play throwing and catching</li> <li>- Reach in different directions for puzzle pieces.</li> </ul> </div> </div>	

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	 <p><b>High Kneeling/Side sitting.</b></p> <ul style="list-style-type: none"> <li>- Start in side sitting (A), try to move into high kneeling (B) without using your hands to help push off. SLOWLY lower to side sitting the other side (C).</li> <li>- Child can hold a ball or other object in their hands to prevent them using hands to push off.</li> <li>- Activities can be completed in the high kneeling position (see above 'half kneel' for ideas)</li> <li>- Repeat.</li> </ul>	
<p>Poor posture when sitting on the carpet.</p>	<p>Allow the child to sit in a place where they can lean against a wall or other appropriate surface</p> <p>Give the child a wobble cushion or Move 'n' Sit cushion to sit on to encourage 'active sitting' and promote a more upright posture. See advice sheet for more details</p> <p>Allow the child to sit on a chair if they are unable to focus and concentrate because they are uncomfortable.</p> <p>Provide opportunities for regular change of position and movement breaks. See links at end of booklet for ideas for whole class movement break videos available on YouTube</p> <p>Provide opportunities for the child to practise some core strengthening exercises. See above ideas.</p>	
<p>Child leans excessively over the table despite good chair and table position</p>	<p>Give the child a Move 'n' Sit cushion. See advice sheet for details</p> <p>Give the child a writing slope/angled desk top.</p>  <p><a href="https://www.thedyslexishop.co.uk/writing-slope.html">https://www.thedyslexishop.co.uk/writing-slope.html</a></p>	

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Child leans to one side	<p>Consider a chair with arm rests or adding Rokzi Arm Rests to existing chair with metal legs.</p>  <p><a href="https://www.nrshealthcare.co.uk/bedroom-seating-aids/children-s-bedroom-equipment/children-s-seats-postural-aids/rokzi-chair-armz-legs">https://www.nrshealthcare.co.uk/bedroom-seating-aids/children-s-bedroom-equipment/children-s-seats-postural-aids/rokzi-chair-armz-legs</a></p>	
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