

Move 'n' Sit/Movin' Sit Cushions



Move N' Sit



Disco Cushion

An air-filled cushion creates a moving surface for the child to sit on. The idea is that this movement helps to keep the child alert and therefore helps the child's attention and focus.

- They can help children who are constantly moving about, fidgeting and rocking in their chair by providing a sense of fidgeting without such noticeable movements.
- They can also help a child who is slumped in their chair and appear to have low energy as it may help them feel more alert.
- Wedge shaped cushions help tip the pelvis and therefore promote a better upright sitting posture.

Before considering an air-filled cushion, check to see if the child is fidgeting because their feet can't touch the floor when sitting on a chair. If this is the case then provide a foot box for the child to put their feet on.

Key points to remember when using air-filled cushions:

- When sitting on the cushion check to see if the child can put their feet on the floor, if they can't then a foot stool should be used to help keep them stable. If the child is too unstable on the cushion then their fine motor control will be compromised.
- For some children the use of these cushions causes them to fidget more as they have to work harder to maintain a good posture and therefore fatigue. The use of the cushion should be built up over time and used selectively e.g. when sitting and listening not during tasks that require fine motor skills.
- Monitor the child's response to the cushion. Has using the cushion improved their attention and or focus? If the cushion is not helping then a different strategy should be tried.
- The cushions need to be inflated. However, be careful not to over inflate the cushion. Watch the video by OT Griffin for further advice: <https://youtu.be/IrqnsqDfpYc>
- The child must be sat on the cushion with their bottom back in the chair so that they are sat fully on the cushion.
- Make sure you are using the right sized cushion. The child's entire bottom and the top of their thighs should be on the cushion. Their thighs should not be bulging over the sides. Don't just assume a child will need a child's size
- If the child doesn't like the lumps on the cushion, it is okay to flip it over and use the smooth side to sit on.
- Air-filled cushions often don't work well on the classroom floor. If it is decided that the air-filled cushion is the best option, it may be better for the child to sit on their cushion on a chair, instead of sitting on the floor.

Available to purchase online:

- <https://www.backinaction.co.uk/move-n-sit>
- www.specialdirect.com search for 'balancing air cushion' and 'sit on wedge posture aid'
- www.nrshealthcare.co.uk search for 'Movin'sit cushion' and 'Disc'o'sit balancing air cushion'