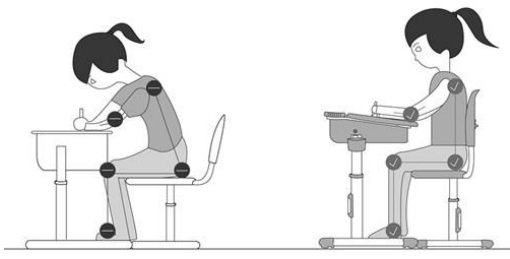



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**Worksheet A**

**Seating and 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 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> <p>Some children may need a smaller or bigger chair depending on their size.</p> <p>Consider using a foot box to support their feet. An empty upturned book bag tray is often useful.</p> <p style="text-align: center;">X <span style="margin-left: 150px;">✓</span></p> 	
	<p>Avoid basic chairs with little ergonomic shape e.g...</p> 	

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	<p>Consider more supportive chairs with arms. For example, a Captain's chair or a chair with attachable arm rests.</p>  <p><a href="http://www.springfieldeducationalfurniture.co.uk">www.springfieldeducationalfurniture.co.uk</a></p> <p><a href="http://www.livingmadeeasy.org.uk">www.livingmadeeasy.org.uk</a></p>	
	<p>Give the child a 'Move 'n' Sit' cushion to sit on to encourage 'active sitting' and promote a more upright posture. <b>See "Move 'n' Sit" information below.</b></p> <p>Ensure the child's feet can touch the floor or provide a foot box. An upturned tray or box could be used if no foot box available.</p> <p><a href="http://www.backinaction.co.uk">www.backinaction.co.uk</a></p> <p><a href="http://www.specialdirect.com">www.specialdirect.com</a></p> <p><a href="http://www.nrshealthcare.co.uk">www.nrshealthcare.co.uk</a></p>	
	<p>Provide opportunities for regular change of position and movement breaks.</p>	
<p>Poor posture when sitting on the carpet/ floor.</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.</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.</p>	

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<p>Child leans excessively over the table despite good chair and table position</p>	<p>Offer the child a writing slope/angled desktop. If a writing slope is not available a large lever arch file can be used on its side.</p>  <p><a href="http://www.thedyslexiashop.co.uk">www.thedyslexiashop.co.uk</a> <a href="http://www.cheapdisabilityaids.co.uk">www.cheapdisabilityaids.co.uk</a></p>	
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### Move 'n' Sit / Movin' Sit Cushions

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:

- [www.backinaction.co.uk](http://www.backinaction.co.uk)
- [www.specialdirect.com](http://www.specialdirect.com) search for 'balancing air cushion' and 'sit on wedge posture aid'.
- [www.nrshealthcare.co.uk](http://www.nrshealthcare.co.uk) search for 'Movin'sit cushion' and 'Disc'o'sit balancing air cushion'.