**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.

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| **Area of Difficulty** | **Strategy** | **Tick when strategy has been tried and add comments.** |
| Poor/slumped posture when sitting on a chair.  Child needs to adjust position regularly  Child wraps feet around legs of the chair  Child perches on front of chair  Child falls off chair  Child stands at table | 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).   * Some children may need a smaller or bigger chair depending on their size. * Consider using a foot box to support their feet. An empty upturned book bag tray is often useful.   **X √** |  |
| Avoid basic chairs with little ergonomic shape e.g...  Series E Classroom Chair 30pk 430mm Blue  large  There are some standard classroom chairs that offer better support e.g. Postura chairs...  C:\Users\rejeff\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\77B58625.tmp  <https://www.tts-group.co.uk/postura-plus-classroom-chairs/1008806.html> |  |
| 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. |  |
| 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 |  |
| 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.  Text  Description automatically generatedA picture containing diagram  Description automatically generated  Diagram  Description automatically generated with medium confidence |  |
| Poor posture when sitting on the carpet. | Allow the child to sit in a place where they can lean against a wall or other appropriate surface |  |
| 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 |  |
| Allow the child to sit on a chair if they are unable to focus and concentrate because they are uncomfortable. |  |
| 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 |  |
| Provide opportunities for the child to practise some core strengthening exercises. See above ideas. |  |
| Child leans excessively over the table despite good chair and table position | Give the child a Move ‘n’ Sit cushion. See advice sheet for details |  |
| Give the child a writing slope/angled desk top.  https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTsGy1kHHE6sR4p9KfbRs-sqm2kz6egzvsmIjgcPdKC5nlmjrqjNon2QUQ_r3iPIPlRjqtccKg&usqp=CAchttps://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQe3JI3cv7e26GjoLXk7BmV9CXcOz90ffLXEP7VmtdlCzsG9YWth4Ag72MES0ttrxJOHFH5Zg8&usqp=CAc  <https://www.thedyslexiashop.co.uk/writing-slope.html> |  |
| Child leans to one side | Consider a chair with arm rests or adding Rokzi Arm Rests to existing chair with metal legs.  Tarrant Cares, Texas  <https://www.nrshealthcare.co.uk/bedroom-seating-aids/children-s-bedroom-equipment/children-s-seats-postural-aids/rokzi-chair-armz-legs> |  |
| A child sitting at a desk  Description automatically generated with low confidence | Also see:  <https://www.cambscommunityservices.nhs.uk/cambridgeshire-children's-occupational-therapy/paper-pencil-and-scissor-skills/posture-and-seating> |  |