

TABLE TIME ACTIVITY POSTURE

Seating for Proper Posture:

- Desk large enough for both arms to rest on it
- Arms should rest without lifting of the shoulders
- Feet should be flat on the floor or supporting surface (such as a step stool). Hips should be at a 90-degree angle.
- Chair should support the lower back; table should be 2 - 3 " above bent elbow
- Help the child push their chair all the way up their table
- Ensure the child is seated in the middle of the chair, with their back against the backrest.

Strategies for Proper Posture:

- Use non-skid material in students' chairs. Some children slip out of plastic, moulded chairs. Place a piece of non-skid material, such as Dycem™ or rubberized shelf liner, in the seat to help the student sit upright.
- Give students a foot stool for more stability. A foot stool gives children proper position and more steadiness in their chairs for performing school tasks. Place a stool, Ethafoam (solid foam), inverted bin or wooden foot stool under their desk for their feet to rest on. When choosing a foot stool height, ensure that the knees remain bent at 90 degrees and allow enough space for leg clearance under the desk.

Sit Up and Stomp (Learning Without Tears)

- In order to make sure that the child is well seated remind him/her to pull his/her chair into the table and be ready to print by shaking out hands and stomping feet to make sure that they are seated in the middle of the chair before beginning to work.
- The arm movements will make the trunk straight and the chaos will let the child release some energy to better concentrate on the task.

