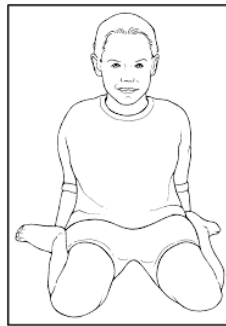


## W SITTING

“**W**” sitting is a term used when a child is sitting on their bottom with both knees bent and both legs to each side of their thighs. The bottom, knees and feet are all touching the ground. Their feet can be turned inward or outward. When looking down at the child in sitting, their leg position resembles a “W”.



### Frequent “W” Sitting can lead to:

- Decreased core/trunk activation, rotation and weight shifting
- Shortening and tightening of some of the hip musculature
- Poor postural alignment
- In-toeing (pigeon-toed) walking pattern
- Increased stress on joints
- Increased risk of pain

### How to Discourage “W” Sitting

#### Consistency and Repetition:

Talk to your family, friends, childcare providers and educators so that they can also discourage “W” sitting.

#### Verbal Cues:

Use a consistent verbal cue such as “fix your legs”, “criss-cross apple sauce” etc. Over time, the child will associate this cue with changing their sitting position.

Correct Position:

Assist your child in correcting their sitting position as needed. Offer verbal cueing simultaneously so that they learn to correct it on their own. Shifting their weight forward will help to avoid twisting their knee or moving their leg in an awkward manner.

### RECOMMENDED SITTING POSITIONS

Encourage sitting in any other position such as cross leg sitting, ring sitting, and side sitting with both legs to the same side or long leg sitting.



Encourage playing in other positions such as squatting, lying on tummy, kneeling, sitting on a small chair/bench. Bring toys up onto an elevated surface to encourage the child to play in standing.

If your child experiences any pain or discomfort with these activities, please consult with your Health Care Provider.