

SITTING POSTURE

To help children have better control of their hands, especially when practicing fine motor activities, ensure they are sitting with appropriate support.
This helps to maximize their hand and arm function.

Seating for proper posture:

- Desk or tray large enough for both arms to rest on it
- Arms should rest without having to lift the shoulders
- Table should be slightly above bent elbow
- Thighs should be parallel to the floor
- Feet should be flat on the floor or supporting surface
- Body should be close to the tabletop (1-2 inches)
- Chair should support the lower back
- Hips should be all the way back in the chair
- Small space between back of knee and seat edge



Strategies for proper posture:

- **Use non-skid material in child's chair.** Some children slide out of plastic, moulded chairs. Place a piece of non-slip material, such as Dycem™ or shelf lining mesh, in the seat to help the child sit upright.
- **Give children footrests for more stability.** A footrest may be needed to achieve a proper position and will give more steadiness in their chairs for performing fine motor activities. Footrests can be created from different objects/materials such as firm foam (like "Ethafoam"). You may need to keep the footrest in place by securing it to the chair or table legs with tape or elastic cords – if the child regularly kicks it away.