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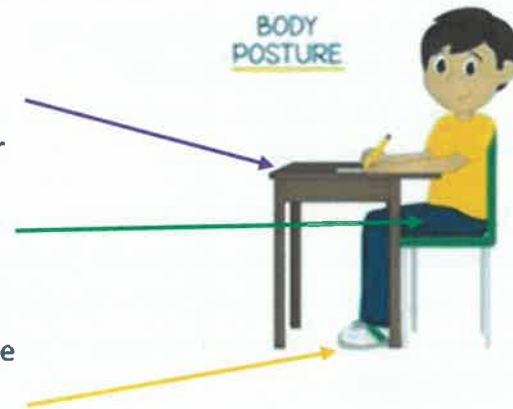
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## Sitting Posture

Sitting involves an upright, symmetrical and stable posture. This enables children to effectively carry out table top tasks whilst maintaining concentration and attention. Poorly fitting chairs or sitting difficulties will result in the child having to work harder to sit, fatigue quicker, and lose concentration that will reduce the quality of the task they are engaging in.

### What sitting should look like

- Table top should be at elbow height
- Bottom and lower back touching the back of the chair
- Hips and knees bent to approximately 90°
- Thighs fully supported and weight evenly distributed
- Chair pulled in for arms to comfortably reach the table
- Feet flat on the ground and roughly hip width apart
- The child should be sitting symmetrically



If the child is unable to achieve all of the above, they will have to work harder to sit, reducing their ability to succeed at table top activities.

### What to look out for -



There are some tell-tale signs that a child is struggling to sit comfortably. You may notice that the child:

- Fidgets and changes position more than others
- Wraps their legs around the chair legs
- Might have to point their toes to touch the floor
- Prefers to stand at the desk or kneel on their chair
- Slouches in the chair, slumps on the desk or leans against something for support
- Perches on the front of their chair
- The above will likely increase throughout the day and increase during sedentary lessons.

## **How to help – When seated check:**

### **1. Are feet flat on the ground?**

- If not provide a box, book or upside down tray for the child to put their feet on

### **2. Is their bottom and lower back touching the back of the chair?**

- Provide a cushion behind them that will support their back

### **3. Are hips and knees at 90°?**

- If less than 90° (knees will be higher than hips) provide a higher chair, place a firm cushion, book or similar under their bottom

### **4. Are thighs fully supported by the seat base?**

- There should be a small gap (2 to 3 fingers width) between back of knee to start of the seat
- If thighs aren't supported find a deeper chair

### **5. Does the child pull their chair in properly?**

- Place a line of electrical tape on the floor where the front legs of the chair should be and encourage the child to line them up when sitting down

### **6. Leaning forward from hips with straight back?**

- Is the child slouching so their feet touch the floor? Ask them to sit upright and check points 1 & 2 again.
- If yes to points 1 & 2 trial using a firm wedge cushion (with high end under bottom and low end under knees) and sloped writing board (posture pack – [backinaction.com](http://backinaction.com))

### **7. Table at elbow height?**

- Provide higher or lower table – be aware that this might result in needing a higher or lower chair too