

Tips on How to Improve Sitting Posture and Seating

Why is Good Sitting Posture Important When Writing?

While writing, the child needs to make subtle shifts in their weight on the chair. In order to do this efficiently they need to have good postural control. This means that their back and stomach muscles must be sufficiently strong enough to enable them to maintain an upright sitting posture for a reasonable length of time.

To Help Achieve a Good Sitting Posture

1. The size of the chair should enable the child to sit with their:
 - Feet flat on the floor
 - Bottom at the back of the chair
 - Thighs parallel to the floor (i.e. not sloping up or down)
 - Hips, knees and ankles are at 90 degree angles
2. The table height when the child is seated should be about 5cm above their elbow crease so the child's:
 - Neck and shoulders are relaxed
 - Forearms are resting on the table
 - Weight is supported through the forearm on the non-writing side
3. If the table or chair is not the right size, try:
 - Using phone books (tape them together) or something similar under the child's feet so they are on a flat surface
 - Placing a cushion at the back of the chair if the chair is too deep, to help the child maintain an upright posture
4. The paper should be stabilised with the non-writing hand and tilted slightly to facilitate the correct angle for writing and help maintain the child's upright posture. If the writing arm can slide freely then unnecessary postural adjustments are avoided.



Good sitting posture



Paper tilted 'downhill' for a left hander



Paper tilted 'uphill' for a right hander

5. Perform the games for strengthening the trunk muscles from Track 1 and Track 15 from *Songs & Games for Fantastic Fingers*®.