

## POSITIONING

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### What is it?

Good positioning supports and balances the body so the arms and hands can move freely to perform a task. This promotes learning as the child is not distracted by how to maintain their body position and is able to focus on the task at hand.

Optimal seating at a desktop is:

- Feet flat on a surface with hips and knees at 90°
- Back supported against the back of a chair
- Arms supported on a table at 2 inches above bent elbows



Learning occurs in a variety of positions:

- Tummy time
- Kneeling
- 4-point kneeling
- Standing
- Side sitting



### How can I help the child?

Here are some strategies to help promote appropriate positioning:

#### Strategies:

Set-up space at home for learning in alternate positions.

Provide footrests when your child's feet do not touch the floor. Some possibilities are:

- Commercial footrests
- Phone books bound with duct tape
- Stacked books
- Yoga blocks

Non-slip matting (dycem) placed on a chair can prevent a child from sliding off and correct slouching.

Positioning devices such as “Move n’ sit” cushions or “Disc o sits” can be effective tools to assist with posture and attention.

Use a table-top easel to elevate the child’s work surface and promote an upright sitting position.

During floor time, encourage the child to sit cross legged. Discourage “W-sitting” as this position puts stress on the hip joints and lower extremities.

