

# preschool pack

## Seating

Appropriate seating is essential for all children in order to attend, participate and successfully complete activities.

### The principles of a good sitting posture include:

- Pelvis: Symmetrical and upright with bottom well back in the seat
- Hips: flexed (bent) at 90 degrees
- Back: straight
- Head: upright and symmetrical
- Feet: flat on the floor
- A table at the correct height is essential. Ensure the child can rest their elbows comfortably on the table.

When the children sit on the floor, a good sitting posture is again encouraged for stability and balance. Some good positions include: side sitting, cross-legged or straight-legged sitting. Sitting in the “W” position or frog sitting should be strongly discouraged as it stops the hips and knees developing correctly.

Wherever possible, children with cerebral palsy should be seated at the same level as the other children in their group. Some children may require adapted seating such as corner chairs or bucket seats to allow them to participate in all activities. Other children may require simple adaptations to existing chairs.

