



## **Good Seating**

Good seating is the key to many activities. By reducing the amount of effort and energy wasted trying to stay sitting up straight, a child will find it easier to carry out important daily activities, such as feeding, playing and learning.

## Seating in the classroom

Try different types of chairs and stools Try using a sloping surface to write on such as a level arch file

Elbows should rest comfortably on the table without the shoulders hunching

Bottom should be well back in the chair



Hips knees and ankles should be at right ankles

Check the chair and table heights – are the feet flat on the floor? If not, consider resting feet on a block or similar

Consider the seating position in the classroom – ensure that the child is facing the source of the information at the front of the class.

Consider grouping left and right handers together or so that their elbows don't bang.

Have a visual prompt of correct seating for the whole class to see Teach the whole class to sit correctly Use photographs to show the child sitting correctly and use it as a prompt



## Good seating provides the following benefits:

- Improved hand and arm control, allowing children to use their hands for functional activities such as writing and eating
- Reduced fatigue by providing good stable support
- Improved eye contact, concentration, communication and social skills
- Increased independence
- Improved comfort

## Other positions for play

Children don't always have to sit at a table, consider these positions as alternatives:



Taken from Pre-Writing Skills by Marsha Dunn Klein (Therapy Skill Builders, 1990)

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call: **01228 603890** 

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