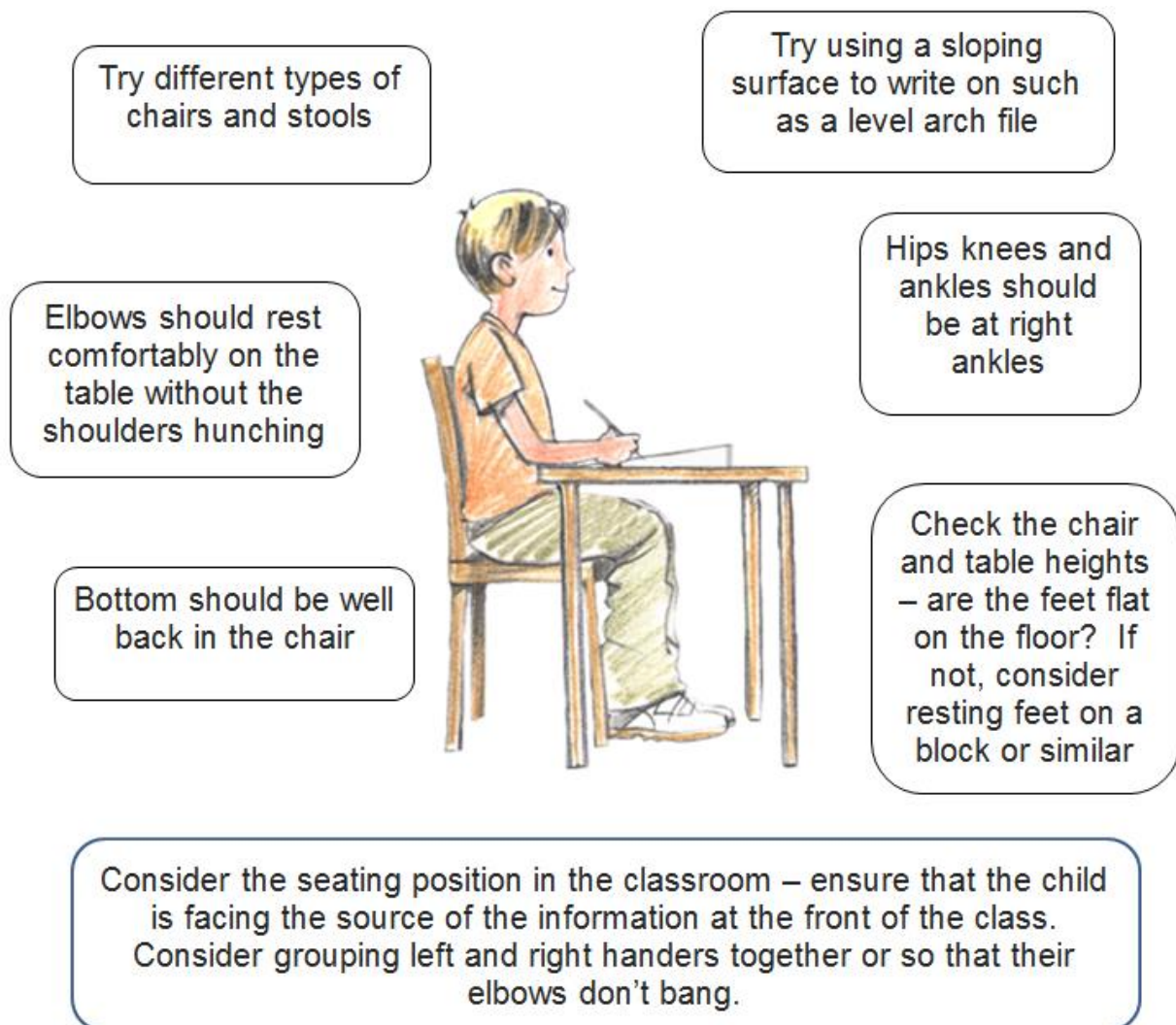




Good Seating

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



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

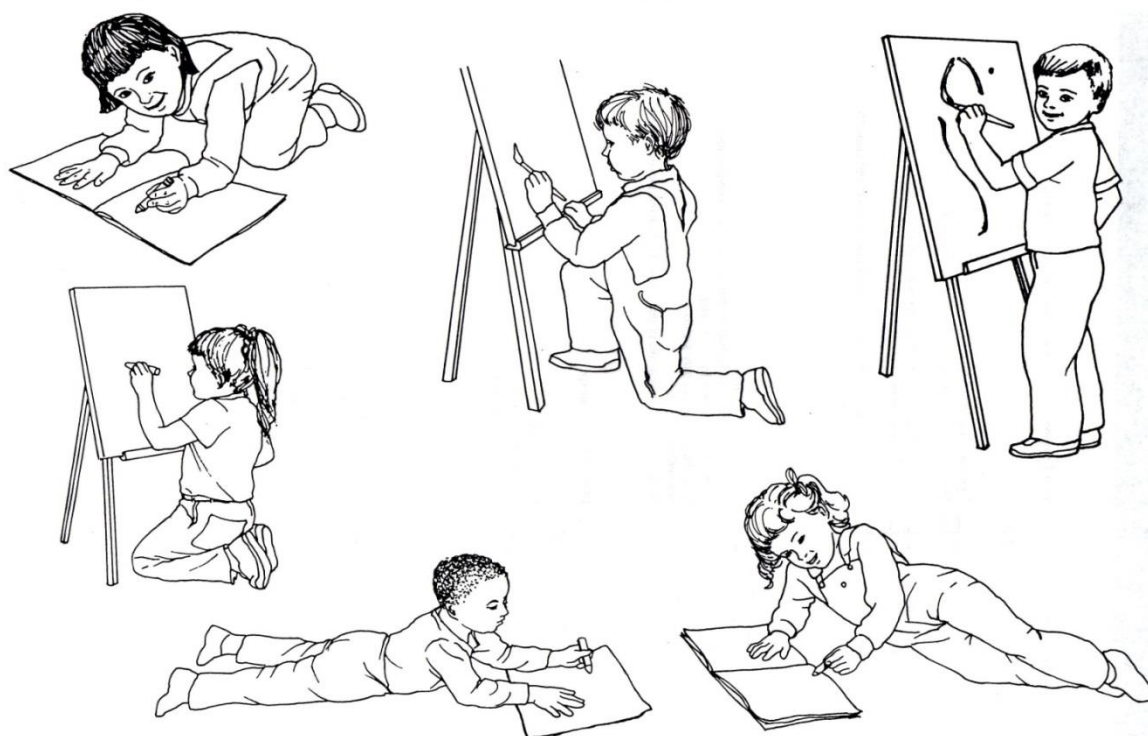


Good seating provides the following benefits:

- 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

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
Voreda House | Portland Place | Penrith | CA11 7QQ



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