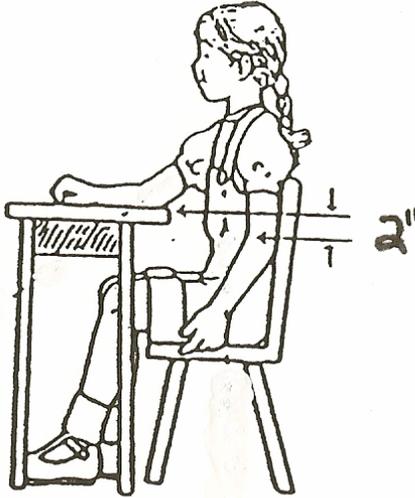




Children's Therapy and Family Resource Centre

801 McGill Road, Kamloops, BC V2C 6R1 Phone: (250) 371-4100 Fax: (250) 371-4120
www.kamloopschildrenstherapy.org

Posture for Performance



What does Good Seating Look Like?

- feet should be flat on the floor or a surface
- desk height should be 1-2 inches above the elbow when arms resting at side
- bum should be at back of chair
- flat chair seat
- most of thigh supported by seat, edge of seat 2 inches behind back of knee
- chair with separate back and seat (i.e. not just one rounded piece)

Why is Good Seating Important?

- Furniture that fits provides optimal positioning so the child can perform better with fine motor tasks and on-task behaviour.

SEE OTHER SIDE

Research Shows That:

- Children who were optimally positioned performed better on fine motor tasks than children seated in too-large standard classroom furniture (Smith-Zuzovsky N, Exner CE; American Journal of Occupational Therapy 2004 Jul-Aug; 58(4): 380-8.)
- Children sat better and were more on-task when seated in smaller furniture that better fit their size (Wingrat JK, Exner CE; Work 2005; 25(3):263-72)

Ideas to Think About:

- If the chair seat or back is rounded, this can cause a child to slide down in the chair. Try putting a piece of non-slip material on the seat.
- Each classroom should have a variety of sizes of desks and chairs available so that children can find furniture that fits their size.
- Furniture should be reviewed partway through the year as the children grow.
- Stepstools, old phone books, or a cardboard box could be used to create a footrest if the chair or desk height is not optimal. Punch holes in the box for the front chair legs to sit in, and it won't slide away.

If you have any questions about how to provide optimal seating for your students, please contact your Occupational Therapist or Physiotherapist.