

POSITIONS FOR PLAY AND LEARNING

Why this is important?

Good positioning supports and balances the body so that the arms and hands can move freely and with control.

Supported positions include

- Lying on tummy with support on the elbows
- Kneeling with hands free and hips bent or straight
- Hands and knees (4-point kneeling)
- Side sitting (mermaid sitting)
- Tailor sitting (criss-cross applesauce)
- Standing



Image sources: theinspiredtreehouse.com



cdchk.com



experiencedmommy.com

- Sitting on a chair, at a table or desk.
 - ✓ Feet flat with hips and knees at 90°
 - ✓ Back supported against the back of a chair
 - ✓ Arms supported, 2 inches above bent elbows
 - ✓ Feet resting on the floor or a footrest

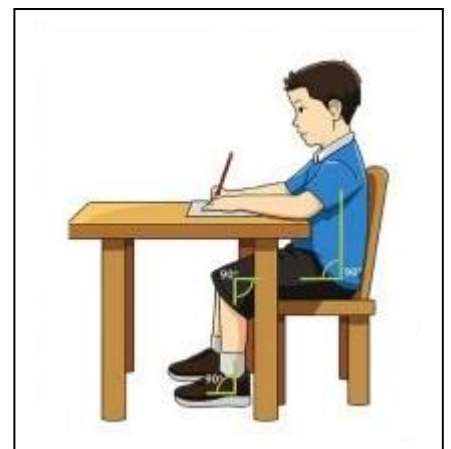


Image source: missjaimeot.com

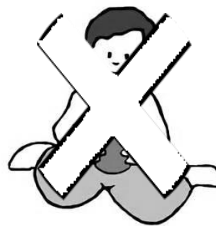
Things to try

- Set up spaces at home for play and learning in a variety of positions.
- Encourage your child to lie on their tummy to do puzzles, play board games or read books rather than sit at a table.
- Tape work to a wall or refrigerator. Working at a vertical surface strengthens shoulder muscles and encourages good wrist position and mature grasp.
- Attach a chalkboard or whiteboard to the wall. Use this for drawing and printing activities.
- When sitting in a chair, if feet don't touch the floor, make a footrest with stacked books, old phone books taped together, or yoga blocks.
- Non-slip shelf liner (Eco Grip, ScootGuard) placed on the seat of a chair can keep a child from sliding and may help to correct slouching.
- Wiggle cushions (Movin'Sit, Disc'o'Sit) may help with posture and attention. Follow inflation instructions. They should have enough air to raise the body off the chair surface but still be wiggly, not firm and bouncy.
- Place a large empty binder on the table, under their work, with the narrow side at the table edge. This will raise the work surface and encourage good positioning.
- On the floor, encourage the child to sit criss-cross or side sit. "W-sitting" puts stress on the hip and knee joints.



Image sources:

clipartmax.com



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These are general suggestions that may or may not be appropriate for your child's age and stage.

If you have questions and are waiting for Occupational Therapy service, consider booking a Consultation Clinic appointment.