

SEATING TIPS FOR DISTANCE LEARNING



CREATED BY:

AL-INCLUSIVE THERAPY SERVICES



WHEN KIDS ARE SUPPORTED CORRECTLY, THEIR BODY AND BRAINS CAN CONCENTRATE ON LEARNING. WHEN THEY ARE NOT SUPPORTED CORRECTLY, THEY HAVE A HARD TIME KNOWING WHERE THEIR BODY IS IN SPACE (PROPRIOCEPTION) AND THEY SPEND A LOT OF THEIR ENERGY AND FOCUS MOVING AND WIGGLING TO FEEL SUPPORTED. THAT MAKES LEARNING HARD.

OUR GOALS WITH SEATING:

- ✓ **90/90/90- HIPS, KNEES, ANKLES ALL FORM A 90 DEGREE ANGLE**
- ✓ **NECK NEUTRAL**
- ✓ **FEET SUPPORTED**
- ✓ **BACK/HIPS SUPPORTED**

TRY SOME OF THESE SEATING TIPS TO PROVIDE PROPER SEATING POSTURE AND HELP YOUR CHILD FEEL SAFE, SUPPORTED, AND READY TO LEARN!

I LIKE TO ALSO MENTION THAT BAD POSTURE IN THE YOUNGER YEARS CAN LEAD TO PERMANENT CHANGES IN SPINAL ALIGNMENT, SO IT'S IMPORTANT TO START YOUNG.

**COMPUTER NOT
AT EYE LEVEL
MEANS CHILD'S
NECK IS FLEXED
THE ENTIRE TIME**



**ELEVATE
COMPUTER SO
NECK IS IN
NEUTRAL POSITION**
(WE DON'T WANT CHILD FLEXING OR
EXTENDING NECK)





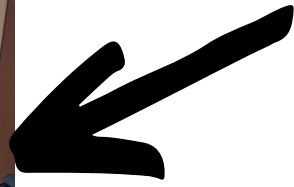
**CHAIR TOO BIG
DOES NOT
ALLOW FOR
PROPER
SEATING
POSTURE**

- PILLOW BEHIND
BACK**
- STOOL FOR FOOT
SUPPORT**
- ALLOWS FOR
90/90/90 POSITION**





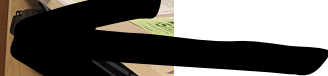
**NOT GOOD
NO SUPPORT
CHAIR TOO BIG**



GETTING THERE

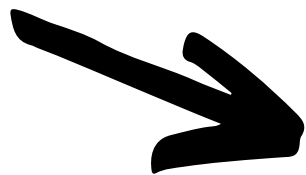


**WE MADE IT..
FEET SUPPORTED,
2 PILLOWS FOR ENOUGH
BACK SUPPORT
HEAD IN NEUTRAL**



ALTERNATIVE SEATING OPTIONS PRONE (TUMMY)

**THIS
IS A FAVORITE...
ALLOWS CHILD TO GET OUT OF THAT FLEXION
PATTERN THAT THE CHAIR CREATES**



**GREAT FOR
PROVIDING
PROPRIOCEPTIVE
INPUT AND UPPER
BODY
STRENGTHENING**



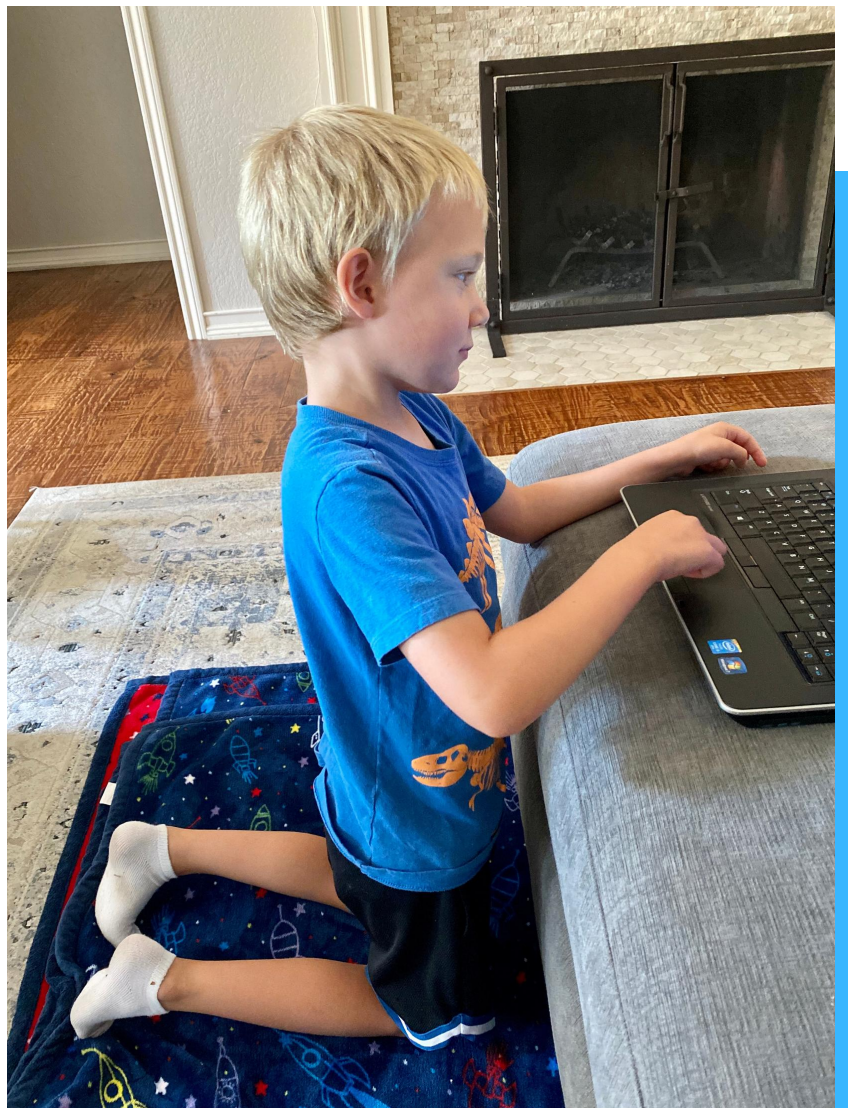
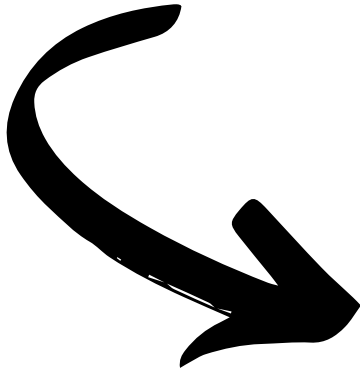
USE A PEANUT OR THERAPY BALL

**GREAT FOR
KIDDOS WHO
LIKE TO MOVE
OR WHEN KIDS
START TO GET
RESTLESS
AND TIRED OF
SITTING STILL**



TALL-KNEEL OR HALF-KNEEL

**GREAT WAY
TO ENGAGE
THAT CORE!**



WORK ON A VERTICAL SURFACE

WHEN COMPLETING WRITING TASKS, TRY THEM ON A VERTICAL SURFACE



- PUTS NECK IN NEUTRAL**
- BUILDS STRENGTH IN ARM/SHOULDER**
- ENCOURAGES PROPER GRASP ON WRITING UTENSIL**