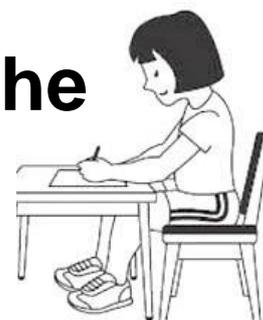


# Sitting Well – At Home and in the Classroom



Information for Parents, Teachers and Carers

## Which children may need support with this?

We all need to sit well, but for some children this can be even more important to support development. Here are some examples of children who may need support:

- Children with delayed motor skills
- Children with low muscle tone or altered muscle tone
- Children who have reduced attention and concentration skills



For more information, please contact Occupational Therapy on:

**For York and Selby Area:** 01904 726599

**For Scarborough, Whitby and Ryedale Area:** 01723 342357

## What can I do?

Children use their hands best when they have a stable base of support. To achieve this, look closely at the following:

- Can the child place their feet on the floor?  
If not, consider a smaller chair or placing a stable, non-slip box under their feet (the larger the platform the better).
- Is the child using the back rest?  
If not, ensure they are positioned right up to the table, consider a smaller chair or place a firm cushion behind their back.
- Is your table at the right height?  
Ideally, a table should be at the elbow height of the child when they sit up straight.  
Can you consider a height adjustable table?
- Is the child sitting still / maintaining a good posture?  
Many adults and children need movement to concentrate; asking them to 'sit still' is very difficult for them.
  - Consider the expectations for how long a child can concentrate on a table top activity and plan for movement breaks.
  - Consider use of a 'wobble cushion' 'wedge cushion' or 'Move n Sit' cushion to offer continuous, gentle movement and promote a good pelvic posture.
- Is the child left handed?  
If so, consider their position in the classroom – sitting them on the left side of a right handed child may lead to possible bumping of arms. Some left handed children slouch at their desks to attempt to read what they have written - consider prompting them to angle their paper to promote better visibility for their written work.

\*It is particularly important for staff to be aware of these observations when taking a child outside of the classroom for additional practice of key skills.

## **Tell us what you think**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

**For York and Selby Area:** 01904 724366

**For Scarborough, Whitby and Ryedale Area:** 01723 342472

## **Teaching, Training and Research**

Our Trust is committed to teaching, training and research to support the development of staff and improve health and healthcare in our community. Staff or students in training may attend consultations for this purpose. You can opt-out if you do not want trainees to attend. Staff may also ask you to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

Patients, relatives and carers sometimes need to turn to someone for help, advice or support. Our PALS team is here for you. PALS can be contacted on 01904 726262, or via email at [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

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## **Caring with Pride**

Our ultimate objective is to be trusted to deliver safe, effective and sustainable healthcare within our communities.

## **Our Values**

- Caring about we do
- Respecting and valuing each other
- Listening in order to improve
- Always doing what we can to be helpful

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Owner	Occupational Therapy
Date first issued	August 2019
Review Date	April 2021
Version	4
Approved by	AB
Document Reference	HM

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