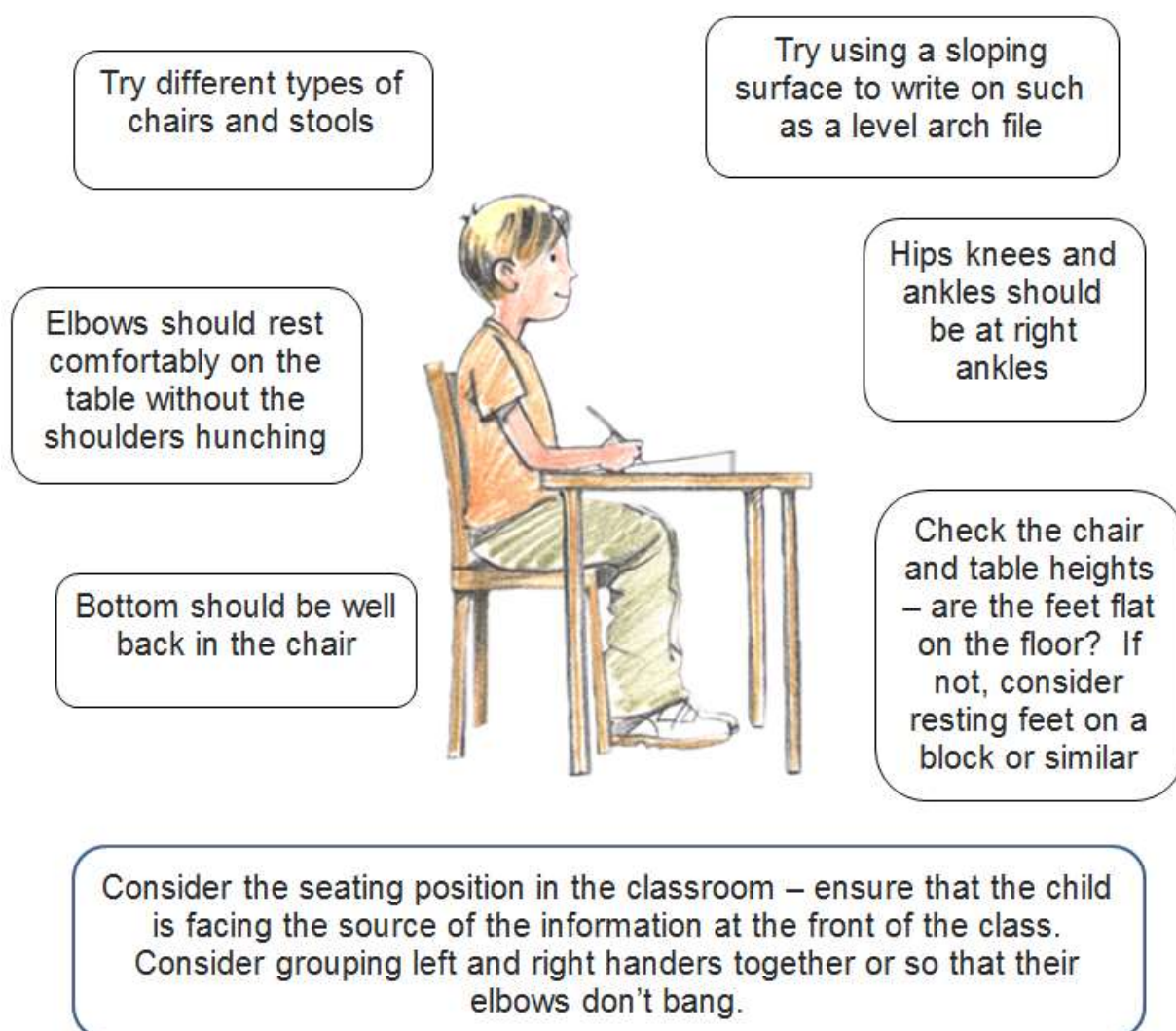


GOOD SEATING

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)