

Seating Posture

What you might see	What this could mean	Strategies
<ul style="list-style-type: none"> • Child has difficulty maintaining upright sitting posture for writing. • Child is slumping at desk. • Child has difficulty sitting still. 	<ul style="list-style-type: none"> • Poor postural control. • Reduced strength of neck, trunk and back muscles. • Visual Impairment. • Fatigue. • Poor techniques in paper stabilisation. 	<ul style="list-style-type: none"> • Review seating in classroom – Check chair / table size / height. • Consider adjustable height table in classroom. • Consider sloping desk surface to help maintain more upright surface. • Rest periods - provide opportunities for child to change position and re-establish posture. • Provide seating support when child is required to sit on floor.