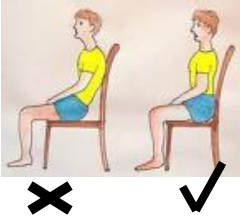





# Top Tips for Promoting Posture

Writing Posture	
	<ul style="list-style-type: none"> <li>• Appropriate posture is always advised and as such a comfortable and upright sitting posture is essential and should always be reinforced. The chair should allow the child to sit with his feet flat on the floor, back to the chair, and knees and hip flexed to 90 degrees. The desk or table should be at a height that allows for the arms to rest comfortably. This posture is dependent on having a chair and desk that fits properly.</li> <li>• Try and avoid sitting for a long time in the one position. Frequent wriggle breaks and changes in position are the best way for the body to adjust its' ability to maintain an upright and comfortable posture. This helps to maintain concentration and sustain handwriting and other table top activities.</li> <li>• Minor equipment may be required and can be beneficial in aiding posture.</li> </ul>
Writing Slope	
	<ul style="list-style-type: none"> <li>• Writing slope – It encourages a more upright posture and helps prevent neck and back pain, shoulder fatigue and eye strain. A lever arch file turned on its' side acts as similar and is felt to cosmetically be more acceptable for older children.</li> </ul>
Move 'n' Sit Cushion	
	<ul style="list-style-type: none"> <li>• The Move 'n' Sit cushion is an air-filled seat wedge that is similar to sitting on a Gym Ball. Used when sitting in a chair, the wedge shape and unevenness of the cushion promotes active sitting by keeping the body in motion, enhancing stomach and back muscles and therefore helps promote an upright posture.</li> </ul>
Posture Pack	
	<ul style="list-style-type: none"> <li>• Posture Pack – is a portable writing slope, seat wedge with pencil/paper storage and carry handle. It encourages a more upright posture and is considered more suitable for children at high school</li> </ul>

## Gaming Posture



- Playing on e.g. X box, PS is an interest/ enjoyment for the majority of children nowadays and good posture is advised. The following should be considered.
- Try and avoid sitting for a long time in the one position and limit the length of time spent gaming – have movement breaks, drink of water etc. Frequent wriggle breaks and changes in position are the best way for the body to adjust its' ability to maintain an upright and comfortable posture.
- Sit on a gym ball; can both be beneficial to posture as promotes an upright posture and gives constant movement as well as being fun.
- Rest hand control, forearms and hands on a cushion placed on lap