

# Posture at the Desk

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

Good sitting posture can help optimize trunk stability, improve attention, and use of the hands when handwriting.

- Use the 90-90-90 rule (hips, knees, and ankles at 90 degrees when sitting).
- Seat depth to fully support thighs, but not press into back of knees.
- Back to touch the backrest of the chair.
- Feet firmly planted on the floor.



## Tips for the Workstation:

- Use pillows to increase seat height or decrease seat depth.
- Chairs with armrests for children who struggle with upright posture and/or fatigue.
- Foot support may be offered by a footstool, foam blocks, books or an empty basket.
- Post pictures of what good posture should look like around the classroom, at the student's desk, or at a table at home as a visual reminder.

## Alternative Seating

- Can be used for children who require more support, have decreased strength and are not well supported in a regular chair, or have difficulty sustaining attention.
- Examples: wobble stool, sit-to-stand desk, floor rocker, yoga ball



Contact your SBRS OT to complete a classroom audit or for further information on posture and seating.



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