

Encourage everyone both children and adults to take responsibility for posture!



If you are concerned about your child's posture or seating please contact us-

Somerset Direct-
0300 123 2224

Select OPTION 1- Children and Families and request an Occupational Therapy Assessment

Somerset County Council
Children's Services - Inclusion
Somerset

B2 South, County Hall, Taunton,
Somerset TA1 4DY
Tel: 01823 357000

SOMERSET'S Local Offer
For ages 0 to 25



POSTURE & SEATING **INFORMATION LEAFLET**

*Children's Occupational
Therapy Team*



**'Promote inclusion, build
independence, and value
individuality'**



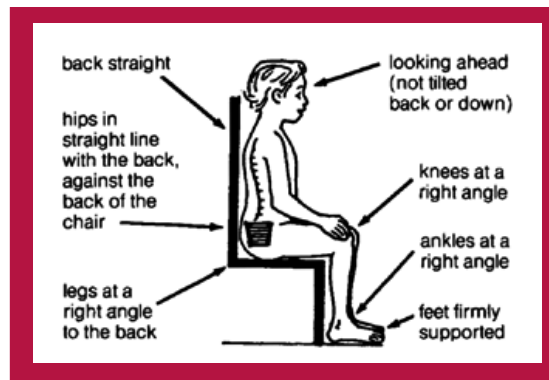
**Basic tips and information
on seating posture for
children**

Benefits of providing effective seated posture

- Improved respiratory function
- Reduced abnormal muscle tone & reflexes
- Reduced risk of deformities developing
- Providing comfort/managing pain & discomfort
- Positioning for effective eating & drinking
- Increased participation & performance

5 Key Principles to use to encourage good posture:

1. Is the child's bottom back against the seat?
2. Are they sitting straight in their chair?
3. Is the lap strap tight to hold their pelvis in place?
4. Are the child's feet supported?
5. Have you checked the chest harness position?



Why good seated posture is important:

- Maximising participation
- Aid Communication Skills
- Improved respiratory health
- Reduce risk of pressure areas
- Prevention of deformities
- Increased comfort
- Reduce tone
- Aid digestion

