

Sitting at a Table

Why is this skill important?

In order for a child to use their hands well when sitting at a table - for e.g. using a pencil - they need to feel comfortable, secure and able to maintain their balance.

Children who do not feel secure when sitting may;

- Fidget
- Lean their head in their hands
- Sit on the edge of their seat or slide off the chair
- Wrap their legs around the chair

Things to think about

- Have a chair and table at the correct height and size for your child
 - Ideally, their shoulders should appear relaxed and their arms rest comfortably on the table.
 - Look for right angles at your hips and knees.
- Encourage feet flat, bottom back and sit up tall
- If their feet don't touch the floor, try a box or a step underneath
- Encourage your child not to sit in a twisted position
- A cushion or a seat wedge can help children to sit up tall.
- If your child leans over the desk, a sloping board or a lever arch folder might help
- At school they might benefit from a chair/table from a different classroom – we all come in different sizes!
- Whenever possible, keep the work surface clear to allow the working arm to move easily



Related Websites:

<https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/sitting-at-the-table/>

<https://www.nhsggc.org.uk/media/258778/holding-a-pencil-resources-page-1.pdf>

Website: www.children.nhslothian.scot

Facebook: @NHSLothianAHP **YouTube:** Children and Young People's Therapies and Support

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Final Version