

## Sensational OT Tip of the Month

### Positioning for Function

#### Do you know children that ...?

1. Lean on the desk or on others
2. W- sit on the floor
3. Wrap their feet around the legs of chairs
4. Are unable to maintain crossed legs while seated on the floor
5. Frequently fall out of a chair or get out of their seats

**They might have postural control difficulties. Trunk stability is necessary for good mobility of the arms, hands, and fingers.**

### Sensational Ideas about Positioning

1. Make sure students work space is at the proper height
  - a. Allow for 90 degree bend at the knees and hips when seated in a chair.
  - b. Feet rest flat on the floor
  - c. Desk is high enough that a student's elbows and forearms rest comfortably on the top of the desk; while legs can clear the bottom of a desk
2. Position children that struggle to remain seated upright on the floor against a wall or allow several children to sit on chairs or a bench
3. Children may work well in different positions; such as silent reading on belly on the floor or writing while standing at a counter

***Ask the occupational therapist at your school if you are interested in more information about **positioning for function**.***