

**THIS ISSUE:
WHAT IS “W” SITTING**

**NEXT ISSUE:
DEVELOPING SCISSOR
SKILLS**

Thera *kids*

**ADDRESSING THE NEEDS OF EDUCATORS
AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.**

WHAT IS “W” SITTING

“W” sitting



If your student or child tends to “W” sit often, encourage or demonstrate an alternative seated position pictured to the right.

“W” sitting resources:

<http://www.learninglinks.org.au/>

<http://physical-therapy.advanceweb.com/Article/does-your-child-w-sit.aspx>

or Consult with a Physical Therapist or Physical Therapy Assistant

Reasons to avoid “W” sitting

- Considered an abnormal sitting position
- Places hips into extreme limits of inward rotation
- Can lead to standing and walking with feet turned inward
- Can lead to potential orthopedic problems
- Can cause weak trunk muscles and balance skills
- Can lead to poor bilateral hand use during play
- Can lead to poor crossing midline with hands during play

Alternatives positions to “W” sitting



“Crisis Cross Applesauce”

Side sitting



Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. Email: www.Therakids.org

