

Positioning

The individual should be seated in the best position possible before they commence writing. Attention should be given to:



FURNITURE – must be the right size for the child. Use a foot block, cushion or tables/chairs from another classroom



GOOD SITTING – furniture should allow for feet flat on floor, bottom back, thighs supported and the forearm resting comfortably on the table

A good seating position

For a good seating position individual needs stability at the proximal joints i.e. spine, shoulder, and hip. If the proximal joints are stable it allows optimum distal joint movement i.e. wrist and finger joints.

An optimum seating position improves the quality of visual and hand functions.



Hips, knees and ankles should be at 90° angle to each other.



Feet should be flat on the floor or supported by a foot block.



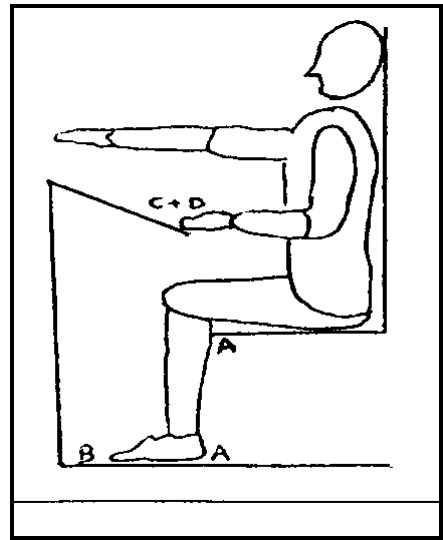
Tables/desks should be at a height to allow forearm support when the elbows are fixed at 90°.



Tables with a cut-out provide extra trunk and forearm support.

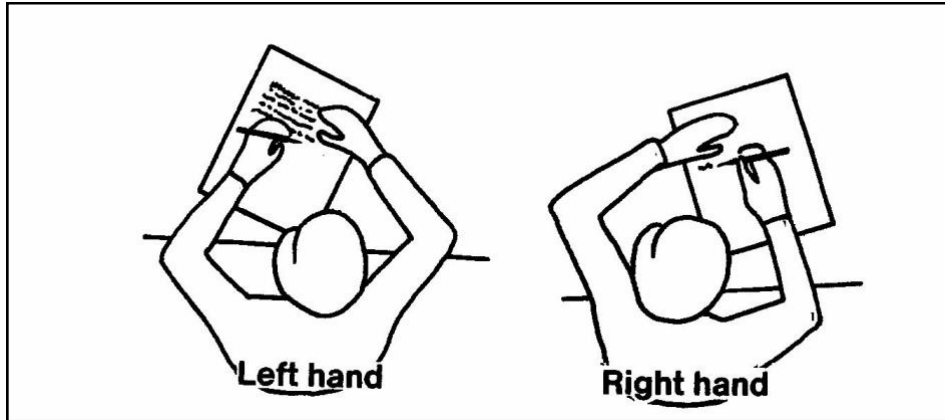


Where possible the child should be positioned at the same height as their peer group.





PAPER POSITION – the non-writing hand should always hold the paper steady which allows the writing hand to move freely across the page. For a right handed child the paper should be slightly to the right of the child, tilted to about 45 degrees, for a left handed child the paper should be slightly to the left of the child tilted to about 20 degrees to the right.



ADEQUATE LIGHTING