

Why is sitting important?



The sitting position is more relaxing than the standing posture, provides a greater support surface and allows relaxation of the leg muscles

More opportunities for play because hands can be used for grasping and feeling rather than support

Sitting improves food intake as well as mouth and tongue motor function

Enhances blood pressure and circulation

Feet, thighs & pelvis support forms the foundation of stability

Sitting enables developing the manual capability of the upper limbs

Improves respiration and voice control

Proper support makes it easier for children to be involved in everyday activities

Enables kids to interact eye-to-eye with peers

