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Criss-Cross Applesauce, Oh My!



Prioritize Learning Over Sitting Position

Criss-Cross Sitting, pictured above, is also known as Tailor Sitting. This floor sitting position is commonly requested and even mandated in many Early Childhood classrooms...but should it be? The answer is no. Stop correcting sitting and ramp up the learning! Young children move in and out of positions when sitting on the floor, which is natural and necessary. Movement is the mechanism by which kids learn to appropriately manage their bodies in space across different contexts. Criss-Cross Sitting is certainly one option for floor-sitting, but is a difficult position for many young children to assume and maintain. Just as one size does NOT fit all, one sitting position will never accommodate the developmental sitting needs of all young children.

The Why Behind the What

Criss-Cross is actually quite a difficult sitting position for young children to manage well. Criss-Cross requires establishment of crossing midline, substantial trunk control, coordination, and balance, which many young children have not mastered...yet. Sitting with stability facilitates increased attention to academic learning in whole group because children can focus on YOU and YOUR AMAZING ABILITY TO TEACH and not holding their bodies in a specific position. Furthermore, the offering of developmentally appropriate sitting position options has another fantastic benefit: it allows young children to learn how to move and manage their bodies with more skill overall, which translates into the ability to eventually sit in the much desired, high-level positions like Criss-Cross and sitting in a chair!

Be Flexible with Sitting Options!

I recommend promoting a variety of appropriate sitting positions in general and especially if kiddos are struggling or have pain when sitting in Criss-Cross. Check out these awesome options:



French Fries: long sit position with legs straight out in front



Mermaid: side sit position with both legs tucked to one side



Tummy Time: lying on tummy propped up on elbows



Recliner: leaning back propped up on elbows, knees bent



Ball Sit: sit upon a small to medium-sized ball with feet connected firmly to the ground

YOU hold the key to successful sitting for learning! Be flexible in sitting positions and watch children's attention, engagement, and learning grow...Write Out of the Box!

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