

## Sit right then write



1. Good posture uses correct muscles
2. Increases alertness
3. Limits fatigue
4. Prevents back pain

Arm and hand supported by desk, free hand anchoring book or paper.

Hips  
Knees  
Ankles  
90°

Correct desk height reduces shoulder and eye strain. Feet flat in contact with floor.



With so many schools and families opting for online learning, its very important to ensure your child is set up for success mentally but also ergonomically.

## Keeping Kids on Task at Home

- Keep knees, hips and ankles at 90 degrees.
- Place a wedge on the seat for more engagement of the core.
- Prop a book or stool under their feet so they are flat.
- Pull the chair under the desk and allow wrists to rest on the desk.
- Allow a movement break every 25 mins to increase concentration.
- With good posture, you child will be more alert and focused.

Developmental years are crucial. Develop good posture habits now to prevent long term musculoskeletal and chronic pain down the road.

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