



Quesnel & District

CHILD DEVELOPMENT CENTRE

SITTING POSITIONS



W-Sitting

What is W-Sitting?

W-Sitting occurs when your child sits with their bottom on the ground and their legs rotated out to the side. Feet may be turned inwards or outwards. The legs form a 'W' as seen in these pictures.



Why does your child W-Sit?

Children who W-sit often do so because it provides them with a wide base of support. They may not have enough strength in their trunk muscles to hold themselves in an upright seated position. They may not have developed enough stability for twisting or side-bending at the trunk.

W-sitting is discouraged because it ...

- does not allow development of core muscles and balance
- does not promote cross-body movement or right and left side shifting (important for many activities like running or table activities such as colouring and writing)
- can cause tightness in certain muscle groups such as hamstrings and calf muscles which can affect walking and foot positioning

Physiotherapy Program

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Recommended Sitting Positions

The following sitting positions allow your child to develop core body strength and balance as well as promoting good alignment of hips, legs, and feet.



Side sitting allows development of balance and cross-body movements. Encourage both left and right side sitting to develop core strength equally.



Long sitting or sitting with the legs out in front stretches the hamstring and calf muscles and also helps develop core strength. It is important that the child does not slouch backwards in this position which can strain the back.

Cross-legged sitting is generally a good position for the hips and back. It is important to alternate which leg is in front to prevent tightness on one side.



Ring or Tailor sitting with the feet facing each other in front of the child is generally a safe position for the hips and back. It promotes a strong core by allowing the child to reach to the left and right side.



Chair or stool sitting is done ideally with hips, knees and ankles bent at 90 degrees and feet flat on the floor or footstool.

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