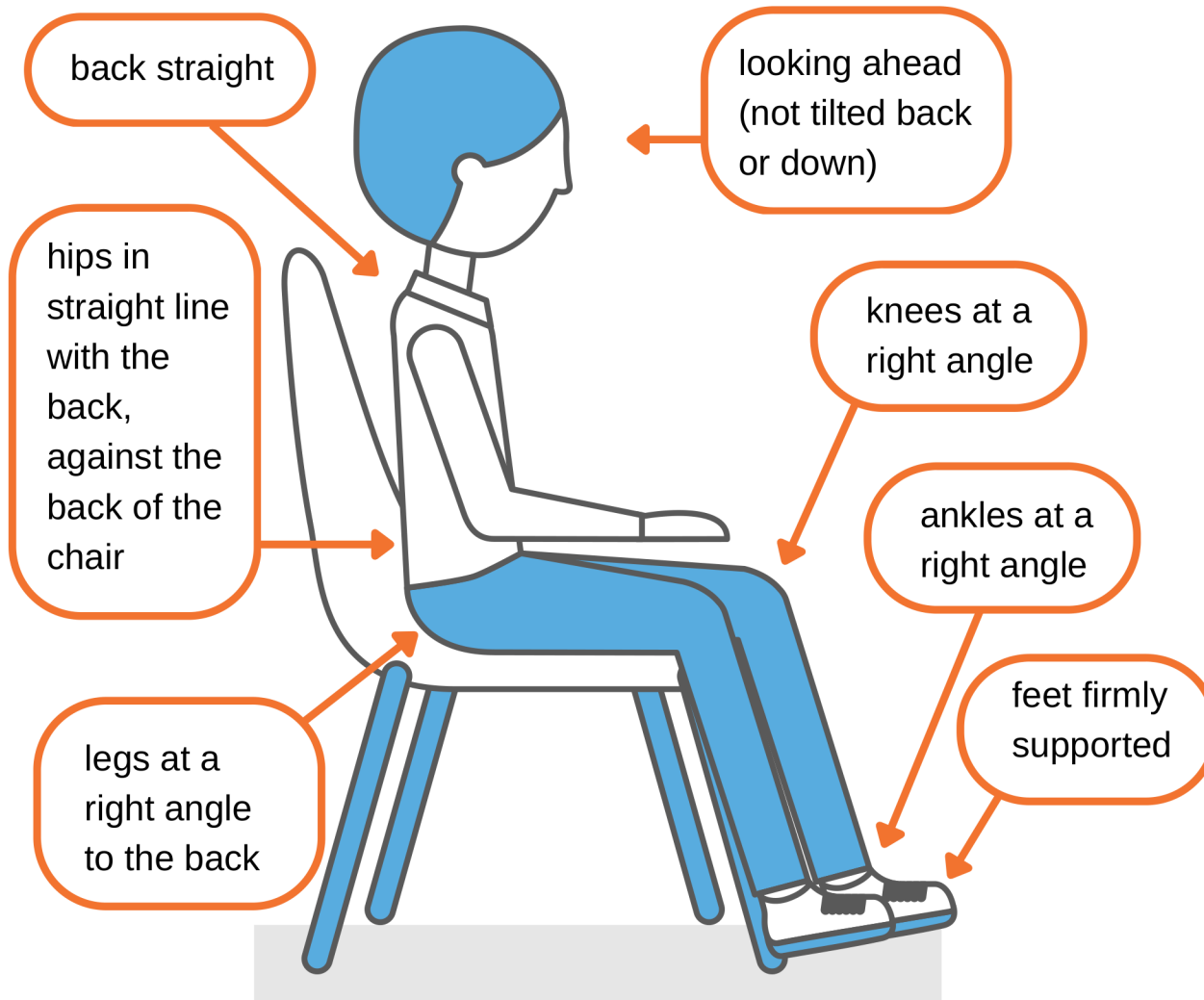


THE IMPORTANCE OF SEATING

Seating is an important aspect of successful mealtime!



WAYS TO ACHIEVE 90-90-90 SEATING:



Hips: The hips should be touching the back of the chair or cushion. If your child has a hard time with postural stability or is wiggly, try sitting on a no-skid mat or wedged cushion.



Knees: If the chair is too big, try adding a pillow or cushion behind their back



Ankles: If your kid's feet don't rest on the floor flat, try placing a stool, stacked books, or a filled cardboard box under their feet

90-90-90 SEATING

Hips, knees, and ankles at a 90 degree angle