

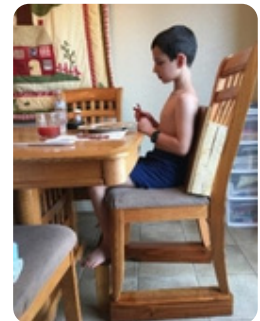
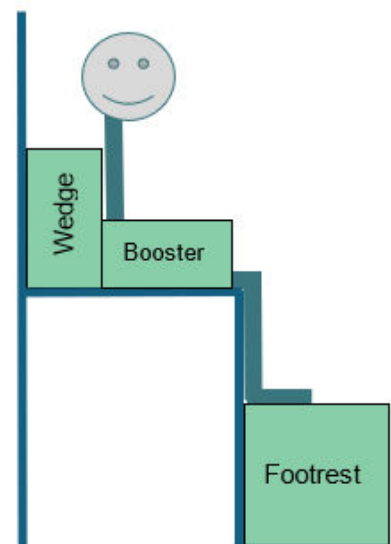
# Supporting Your Child's Posture at the Table

## Why is Postural Stability Important?

- Supports breathing, which is the body's number one priority.
- Postural stability is crucial for our body's second priority, protecting the brain.
- It allows the motor brain to focus on eating, not maintaining posture.
- Provides a secure seating position which supports regulation and engagement.
- Enhances hand-to-mouth coordination and fine motor skills.
- Enables full jaw movement for chewing.

## Positioning Tips for Your Child:

- Positioning Tips for Your Child:
- Ensure the tray or table surface is between the belly button to breast level.
- Aim for 90-degree angles at hips, knees, and ankles.
- Position the child forward so their knees are at the chair's edge while still able to lean against the backrest.
- All children need a footrest; babies who are still semi-reclined do not. Footrest suggestions include: a diaper box, upside down trash can, step stool, or laundry basket, if it is the correct size. Consider attaching the footrest to the chair so it doesn't move around.
- Consider using supports like highchair helpers, rolled towels, yoga blocks, or sturdy cardboard boxes covered in duct tape to provide side support.
- Around 14-16 months, transition your child to sit at the family table without a tray, using an adjustable highchair if needed.
- Check and adjust your child's seating setup every 3 months as your child grows.



# Chairs We Recommend

## First Feeding Chairs

- Infant feeding chairs that recline, then adjust to sit more upright, such as the Graco Swivi Seat 3-in-1 booster, Fisher-Price SpaceSaver Highchair, Chicco Polly Progress Highchair, Ingenuity ChairMate Highchair and Booster or similar models.
- Chairs that allow the child to sit up at the table without the tray are preferable, as after 12-14 months of age, the tray should no longer be used, and the child should be up at the table with the rest of the family.
- A swing seat or bouncy seat also works well if you already own one (no motion while feeding). Once your child is pulling forward to reach the spoon, it will be time to transition to a feeding chair that allows them to sit up more.



## Positioning Tips for Your Child:

- Adjustable wooden chairs are the easiest to adjust as your child grows. Consider adding side supports with yoga blocks. Examples include: Stokke Trip Trapp, Height Right, Badger Basket Embassy, Svan, Euro II Chair, Mocka Soho. Often, these chairs can be found used at a greatly reduced price.
- Continued use of a booster seat, such as those mentioned above, especially if using a tall table/counter.
- Hook on highchairs with an added footrest. Ideally, one with a flat, solid bottom. Works well with tall table/counter. Examples include Chicco Caddy Hook on Highchair, Chicco 360 Rotating Hook on Chair, Regalo Easy Diner Fold and Go Chair, Phil & Ted Lobster Chair



## Elementary Ages and Up

- Continued use of an adjustable wooden chair. Consider adding side supports with yoga blocks if needed.
- Transition to an adult chair when the child's back is able to reach backrest and feet are able to rest flat on the floor at the same time

