

PARENT HANDOUT

Transition to Prep: Sitting for Activities

Posture and core strength help children sit comfortably and use their hands for learning.

Why posture matters

- ✓ A strong postural base helps children sit upright and stay comfortable.
- ✓ It supports attention, regulation and hand use for drawing, writing and cutting.
- ✓ It also helps children coordinate both sides of the body more effectively.

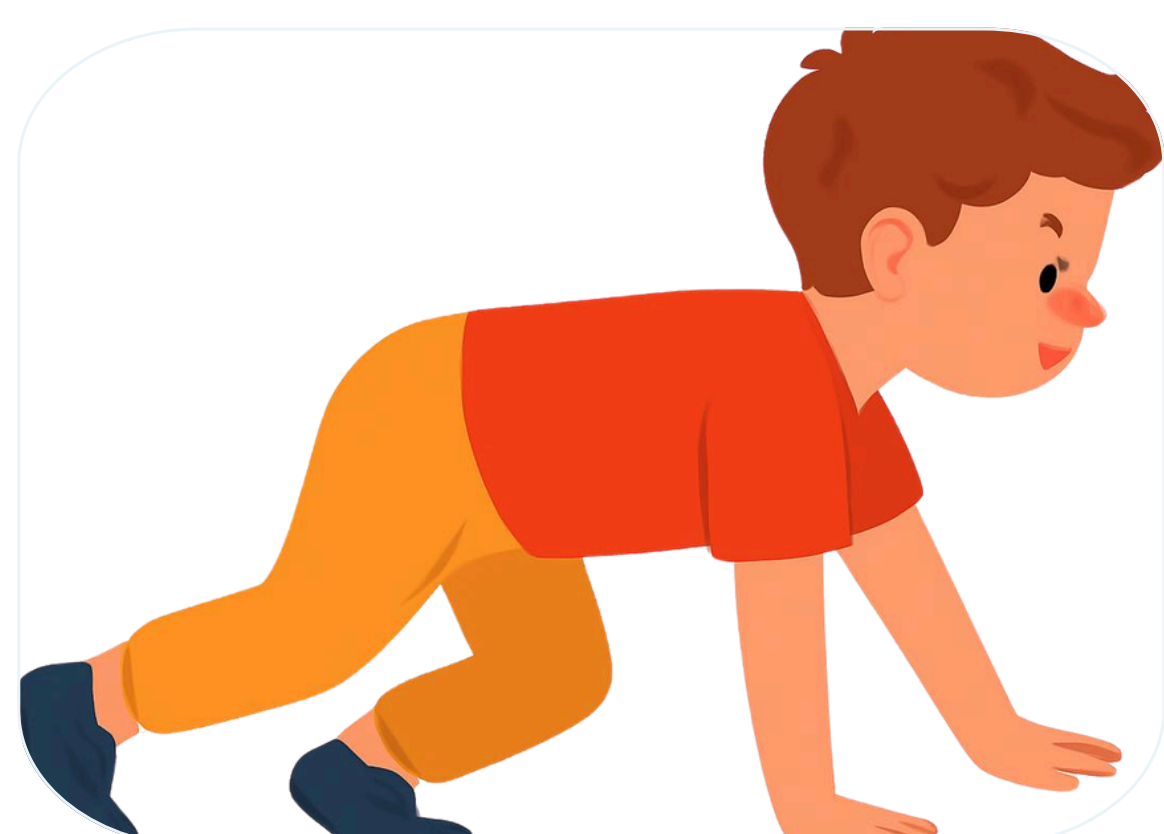


Good sitting set-up

- ✓ Bottom back in the chair and body facing the task.
- ✓ Feet flat on the floor or on a box/books.
- ✓ Hips, knees and ankles close to 90 degrees.

Look out for...

- ✓ Slouching, leaning or resting the head on the table
- ✓ Wiggling or changing position constantly
- ✓ Tiring quickly during seated tasks
- ✓ Avoiding drawing, colouring or tabletop activities



Play-based ways to build core strength

- ✓ Crawling games and obstacle courses
- ✓ Wheelbarrow walks and animal walks
- ✓ Climbing at the playground
- ✓ Helping with chores such as carrying books or groceries
- ✓ Yoga poses, tug of war and wall or desk push-ups
- ✓ Sports such as swimming, rock climbing or bike riding

Movement and posture support learning — not just sitting still.