

Correct sitting position

Table height
5- 6cms higher than
child's elbow to allow
forearm support.

Bottom needs to be right
to the back of the chair
so back is supported. To
achieve this, the chair
must be the correct
depth. Thighs need to be
fully supported.

Feet flat on the floor
with ankles, hips
and knees at 90°.



Ideal Posture

- Hips, knees and ankles at 90° (hips can also be slightly higher than knees, if this is more comfortable and feet are still fully supported on the floor).
- Seat depth to support thighs fully.
- Lower back to touch the backrest of the chair.
- Chair is fully pulled under the desk.
- Forearms are supported on the table.
- Feet supported or flat on the floor.
- Top of the desk should be slightly higher (around 5 cm) than the height of the child's elbow flexed to 90°.
- The child can lean forwards slightly (around 30°) when working.