

**Specialist Children and Young People’s Service**

**Occupational Therapy Services for Children**

**90°90°90° Handwriting Posture**

**90°90°90° means** that, when sitting, your child should have a **90 degree angle** at their **hips, knees and ankles**

**Top tips:**

* Your child’s **feet should be flat on the floor**. If their feet are dangling in the air, place a box/ large book/ foot stool underneath their feet
* The **table top should fit just above your child’s elbows**. If the table top is too high, they may struggle to reach up; if the table is too low they may slump down in their chair
* Your child’s **knees should be just over the edge of the chair**. If the chair is too big, place a cushion behind your child’s back

 **Why use 90°90°90° for table top activities?**

* It supports our **breathing**.
* It provides safety and support when sitting which **helps children to focus on their hands**.

Many people find that the **90°90°90° position makes a big difference**.

Even if you see no change immediately,

**continue with this positioning as it is** **essential for supporting writing**.

**It is essential that this is implemented at home so that your child is stable while eating**