



RED ROBIN THERAPY'S 5 ESSENTIALS FOR SPECIAL SEATING



DON'T SIT TOO UPRIGHT



This sounds counter-intuitive...but it isn't possible for any of us to maintain a good posture if we are trying to sit up too straight for too long - it's too tiring. So, seats which are adjusted to a seat-to-back angle of 90 degrees will make it very hard for your child to stay comfortable. Ask your therapist to increase the seat-to-back angle to to a minimum of 100 degrees. Ideally, the angle should match the range of movement of your child's hamstrings. Your therapist can assess this for you.

KEEP BELTS OR STRAPS FIRMLY SECURED



The pelvic strap is the most important one to consider. The pelvis is what we sit on, and when it is held securely, we are more stable. When we are more stable, we can do more with our hands, head and eyes. Keep your child's pelvic strap pulled up **very snugly** so that their bottom can't slide forward on the seat cushion. Try to keep their feet secure too - this also helps to keep the pelvis in place!

USE THE TILT-IN-SPACE FEATURE



Tilt-in-space - the feature which changes the overall angle of the seat without changing the seat-to-back angle - is a great way to help get your child into the seat more easily, as well as giving them a more restful position. Remember though, it changes what your child sees around them, and makes swallowing more difficult, so put it back again for social interaction, table top work, and feeding.

USE A RANGE OF TRUNK SUPPORTS



Lateral supports, chest straps, harnesses or bibs provide additional trunk support when needed. This can help your child hold their head up. But, they're not more important than the pelvic strap, so remember to start there first!

The tray is often an overlooked additional source of stability, supporting the arms and making hand-to-mouth and two-handed play activities more achievable.



HEAD SUPPORT

The head rest may add support for a child who has not developed full head control, and is a safety requirement for all children in vehicle transport. The head support will work best when all the other supports are used first.