

# POSITIONING REFERENCE SHEET

Proper positioning can support kids with Down syndrome to be more independent and successful at seated tasks such as feeding, toileting, communication, and fine motor tasks.

## SITTING AT A TABLE OR DESK



### PROPER POSITION:

- Feet flat on the floor or raised surface (stool, box, high chair with foot tray)
- Ankle, knee and hip joints bent at a 90 degree angle
- Trunk supported against the chair back or a prop
- Elbows able to rest on the table or desk at a 90 degree angle
- Chair tucked in close to the table or desk