



SEATING TIPS

- Adjust the seat and desk/table height:
 - Soles of feet should touch the ground; use a phone book wrapped in packing tape or a shoe box if desk/chairs are not adjustable
 - Desk height should be no more than 2" below elbow when child is seated
 - Lay prone (on stomach) to complete work
 - Sit on a wedge to promote upright posture
 - Use a back rest to promote upright posture
 - Use a 3" 3-ring binder as a slant board to promote upright posture
 - Stand to complete work task
 - Designate a special desk in class away from distractions that any student could sit at (study island)

