

W-Sitting



What is W-sitting?

- ✓ W-sitting is when children sit with their knees in front of them and their feet behind them. Their legs are turned inwards and their feet point outwards, making a W shape.
- ✓ W-sitting is common and may not be a concern if children are developing normally or if they are naturally flexible.
- ✓ If your child moves in and out of this position often and uses other positions to play, W-sitting may not be cause for concern.

How does it affect my child's body?

- ✓ W-sitting may place stress on the hip, knee and ankle joints or contribute to muscle tightness in these areas, especially if they sit in this position for prolonged periods of time.
- ✓ W-sitting places the hip joint in an inwardly rotated position, which may reinforce postural differences that are already there (e.g. knock knees or pigeon toes)
- ✓ W-sitting may delay the development of balance reactions and postural control as this position limits the child's ability to turn their body or shift their weight from side to side
- ✓ Weight shifting is important as it helps to develop balance skills, coordination and fine motor skills by promoting reaching across the body

What can I do to help?

- ✓ Encourage other sitting positions such as:
 - ✓ Long sitting (legs straight out in front)
 - ✓ Criss-Cross (legs crossed)
 - ✓ Ring sitting (legs in a circle, feet in front)
 - ✓ Bench sitting (up on a stool, feet on the floor)
 - ✓ Side sitting (both legs bent with knees to the same side)
 - ✓ Kneel sitting (kneeling with knees and feet tucked together)
- ✓ Use physical and verbal cues to help your child find another position to play
- ✓ Keep it playful and give your child time to adjust.
- ✓ Contact your health care provider if your child is unable to sit with their feet in front or if they experience pain when they do so

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