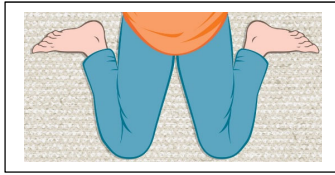


W-sitting



What is W-sitting?

W-sitting is when a child sits on the floor with their knees bent, legs spread out to the sides, and feet turned outward, forming a "W" shape. This position is common in young children because it provides a wide base of support, making it feel stable and comfortable. However, frequent W-sitting can have potential downsides for a child's development.

Why is w-sitting a concern?

While occasional W-sitting is not harmful, prolonged use of this position may:

- Affect core strength and postural control, making it harder for a child to develop strong trunk muscles.
- Lead to tightness in the hip and leg muscles, particularly the hip rotators and hamstrings.
- Reduce opportunities for weight shifting and trunk rotation, which are important for balance, coordination, and developing hand dominance.
- Puts extra stress on the hip and knee joints, especially in children who may already be prone to orthopedic concerns.

How to encourage a change in sitting position

- Gently remind your child by saying, "Change your legs" or "Let's try sitting criss-cross."
- Use a small stool, cushion, or therapy ball to encourage alternative sitting.
- Set up play activities that naturally promote different postures, like sitting at a small table or engaging in movement-based play.
- Model different sitting positions yourself when playing with your child.

When to be concerned

If your child consistently prefers W-sitting and struggles to sit in other positions, has difficulty with balance or coordination, or experiences discomfort in different sitting postures, it may be helpful to consult a pediatric physiotherapist for further guidance.

Encouraging different sitting positions

OPTION 1	OPTION 2	OPTION 3
CRISS-CROSS	SIDESIT	LONG SIT
		

1. **Crisscross (Tailor) Sitting** – Legs crossed in front of the body.
2. **Side Sitting** – Both legs bent to one side.
3. **Long Sitting** – Legs stretched out straight in front.
4. **Kneeling or Half-Kneeling** – Sitting on the shins or with one foot flat.
5. **Squatting** – Engaging in play while squatting.
6. **Sitting on a Small Chair or Bench** – Encouraging good posture with feet flat on the floor.
7. **Lying on their Tummy** – do a puzzle, colour, read a book on the floor on their tummy will help build core strength.