St. Croix River Education District

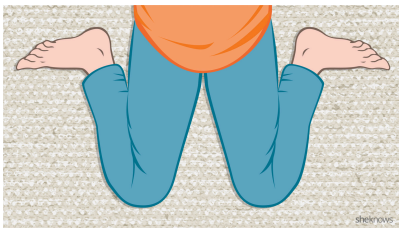
Collaborate. Innovate. Advocate.

“W” sitting

Last Revised: February, 2019

What is it?

- **"W-sitting"** is a term used to describe a sitting position in which the child's bottom is on the floor while their feet are splayed out to the sides – **forming a "W" shape with the legs and knees.**



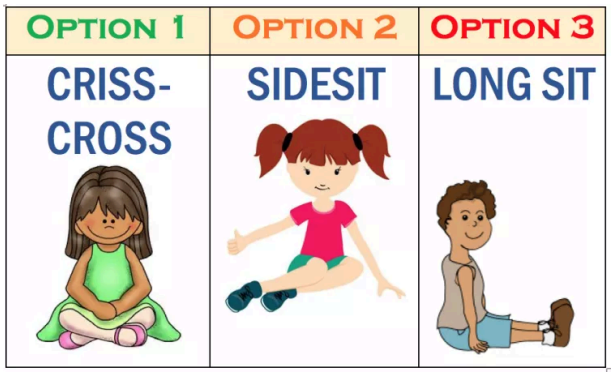
Why do kids do it?

It is easier for some kids that don't have the strength or balance. The hips and trunk are in a fixed position, resulting in less effort to maintain this position compared to criss cross sitting. Because they are "locked" into this position, they are not transitioning between positions and will often stay in W sit for longer intervals.

Why is it bad?

- Promotes poor posture
- Discourages activation of trunk muscles leading to problems in balance
- Reduces exploration of the environment and movement between positions
- Keeps children confined to play only in midline (can't rotate or reach across body)
- May lead to hamstring tightness, bone malformation, and hip dislocation

What are some things to try?



- Try criss cross sitting- this engages the core muscles, improves spinal alignment, and reduces strain on the leg joints.
- Try side sitting, with both legs to one side
- Try long sitting, with both legs out in front
- Add a short (2 inches or less) firm support under their bottom, like a book, to help support the pelvis and improve posture.
- If need be, allow the child to take a break in a different position, such as lying on their stomach or side.

For child specific questions, contact
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