



W-SITTING

Children may sit with their knees bent and their heels resting outside of their buttocks (see picture below). This is called W-sitting.



W - Sitting can:

- Stress the joints and damage the hips and knees
- Encourage in turning of the feet (pigeon toes)
- Prevent development of tummy muscles which can lead to weakness and poor balance later on.

Remind your child to "sit with legs criss cross" or "criss cross, applesauce" or "legs in front, please." At first you may have to help them move their legs into the position you want them to sit in.

You can also have your child play while sitting on a bench or a child-sized chair.