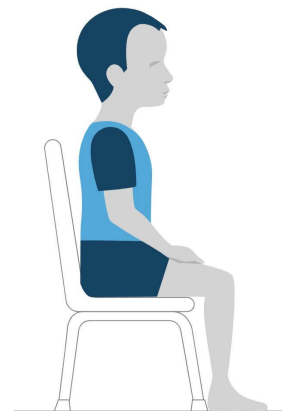


HANDOUT: STRATEGIES TO ADDRESS POSITIONING

[MODULE 6: Strategies to Address Feeding Difficulties for Children with Disabilities]

POSITION THE CHILD AS UPRIGHT AS POSSIBLE

- **Hips** all the way back in the seat, at about a 90-degree angle, with weight evenly on both sides of buttocks
- **Trunk** in a straight line up from hips
- **Shoulders** relaxed and the same on both sides
- **Head** upright and neutral position
- **Knees** bent comfortably over edge of chair with thighs supported
- **Feet** rest flat on a firm surface



MAINTAIN THE IMPROVED POSITIONING

Some children are not able to maintain proper positioning on their own. Children with disabilities that affect their body movement or posture may need support in different positions to make feeding safer.

Try using objects that are easy to find to provide additional support. This includes scarves, towels, pillows, boxes, stools, and even your own body.

NOTE: Make changes with care and observe child for signs of distress. Changing position too quickly can be harmful.

Hips



Use a seatbelt (scarf, towel, or strap) positioned down and back and secured low, across the hips.

Trunk



Use small pillows or rolled towels along both sides of the trunk.

Shoulders



Adjust the chair, table, or tray to allow the child to rest their arms and elbows.

Head



Use shaped pillows or rolled towels placed along both sides of the head or a head rest.

Knees

If the seat is too deep, add a cushion behind the child to bring them forward in the seat.

Feet



Use a footrest, stool, or box if the child's feet cannot rest flat on the floor.