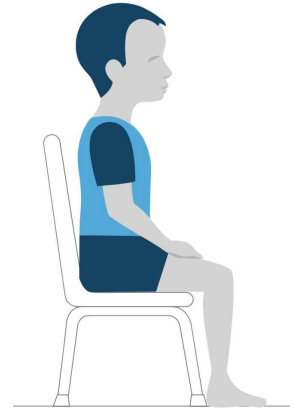


## STRATEGIES TO ADDRESS POSITIONING CHALLENGES

### POSITION THE CHILD AS UPRIGHT AS POSSIBLE

- Hips at a 90-degree angle, stable, symmetrical, 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 rest comfortably over edge of chair with thighs supported
- Feet rest flat on a firm surface



### MAINTAIN THE IMPROVED POSITIONING

Sometimes children are not able to maintain proper positioning on their own. Children with disabilities that affect their body movement or postural control may need additional support in different positions to make mealtime safer, to develop more functional ways of moving, and to help prevent secondary complications.

You can use objects that are easy to find to provide additional support. This may include scarves, towels, pillows, boxes, stools, and even your own body.

#### 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.



We offer a remote training package on feeding and nutrition for vulnerable children.

Learn more at [spoonfoundation.org/training](https://spoonfoundation.org/training).