



South Peace Child Development Centre

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“W” Sitting in Children - A Habit Worth Breaking?

Many children use “W” sitting to move in and out of positions such as sitting, crawling and walking, it is also commonly used during floor play.

Why do children “W” sit??

- ❖ Increases contact with the ground so the child has a greater sense of stability in their hips and trunk
- ❖ Requires less strength and balance
- ❖ Allows children to concentrate on
- ❖ playing without thinking about sitting



How does “W” sitting affect children??

- ❖ Places stress on many joints including the back, hips, knees, ankles and feet
- ❖ Causes muscle imbalances that affect strength and posture
 - Child may appear “knock kneed” or “pigeon toed” due to muscle imbalances
- ❖ Decreases use of the core muscles. Strong core muscles are important to:
 - Kindergarten readiness
 - Posture and injury prevention
 - Balance in sitting and standing
 - Coordination and control of arm and leg movements
 - Childhood activities like running, climbing and jumping
- ❖ Prevents crossing of midline which is important in development of hand dominance and fine motor skills

How can we change it??

- ❖ PREVENTION!!! Try to prevent a habit from forming
- ❖ Use verbal reminders such as “Fix your legs” or “Change your legs”
- ❖ Encourage children to use other sitting positions including:
 - Legs crossed in front of body (“Criss-cross apple sauce”)
 - Legs straight in front of body
 - Side-sitting
 - Sitting on a small stool or chair