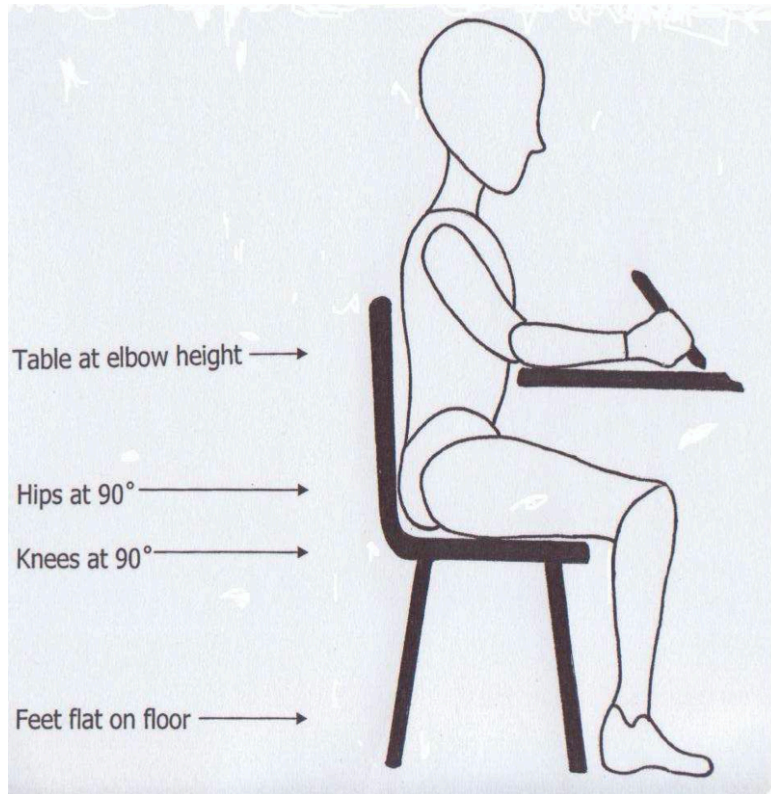


## Seated Posture for Handwriting:



- Feet should be flat on the floor to support the body/core. If the feet are dangling, use a footstool. You can buy inexpensive footstools at places like Ikea, Value Village, or make your own using a box or storage tub (place some old books/magazines inside to weight down the box/tub).
- Table/desk should be at elbow height or 1" above. If it is too high, have your child sit on a cushion.
- If the chair is too deep, place a cushion behind the back.