

Supporting Your Child's Posture at the Table

Why is Postural Stability Important?

- Postural stability is our body's second priority (protecting the brain)
- It frees up the motor brain to focus on the task of eating, rather than not "falling on your head"
- It supports respiratory function (breathing = our body's #1 priority)
- Provides security within the seating arrangement and helps kids stay at the table
- It allows for better hand-to-mouth coordination and fine motor skills
- Postural stability allows for full range of motion in the jaw for chewing

To get your child into the correct position, check for the following things:

- The tray/table surface should fall about halfway between the child's belly button and breast nipples
- The child should be sitting forward enough that their knees are over the front edge of their chair
- Their feet should be able to rest flat on a foot rest (babies who are still reclined do not need a foot rest)
- This should result in 90-degree angles at the hips, knees, and ankles
- Use side supports if needed (high chair helper or rolled towels for younger children; yoga blocks or stiff cardboard boxes covered in duct tape and attached to the chair for older children)
- After 14-16 months, children should be up at the table with the family and no longer using a high chair with a tray (if the high chair is very adjustable, it may be OK to continue using without the tray, pushed up to the family table).
- **Remember – you will need to adjust the child's seating arrangement every 3 months**

Chairs We Recommend:

First Feeding Chairs

- Infant feeding chairs that can recline and then sit up, such as the Graco Swivi Seat 3-in-1 Booster, the Chicco Polly Progress High Chair, or similar models are a great place to start.
- A swing seat or bouncy seat also works if you already own one (no motion while feeding). Once the child is pulling forward to reach the spoon, it will be time to transition to a feeding chair that allows them to sit up more (see above).



After 14-16 months of age

- Adjustable wooden chairs are the easiest to adjust as the child grows, and will continue to support your child through elementary school.

Examples include:

- Stokke Tripp Trapp
- Keekaroo Height Right
- Svan Signet Essential or Complete
- Euro II Chair
- Mocka Soho (Australia/New Zealand only)



- Hook on high chairs (you must provide a foot rest for all of these chairs) work well for families who only have a tall table or kitchen island/breakfast bar. Ideally, find one that has a flat, solid bottom.

- Chicco Caddy Hook on High Chair or Chicco 360 Rotating Hook on Chair
- Regalo Easy Diner Fold and Go Chair
- Phil & Ted Lobster Chair

