

W-Sitting: What is it?



What does it look like?

W-sitting is when a child sits with their bottom between their legs, with their knees bent and legs rotated away from their body. If you stand above and look down, their legs form a 'W.' This position creates a wide base of support allowing for better stability through the hips and trunk.



W-sitting is very common

- ✓ It may not be a concern for children who are developing typically or children who are very flexible.
- ✓ For children with high tone, W-sitting may not be an ideal position.

Possible Negative Effects of W-Sitting

W-sitting puts stress on the hip, knee and ankle joints.

-It places the hip joint in internal rotation, which may reinforce a knock-knee position or foot position abnormalities.

W-sitting may delay the development of postural control and stability.

-In the W-sit position, the child is unable to actively rotate their upper body or shift their weight from side to side.

Being able to weight shift is important as it allows children to develop:

- ✓ Balance reactions
- ✓ Coordination skills
- ✓ Fine motor skills through reaching across their body

How Can I Help?

Breaking the habit of W-sitting can take a lot of time, patience and cueing. First, encourage your child to sit in other positions. These may include:

- ✓ Long sitting position (legs in front)
- ✓ Criss-cross
- ✓ Side-sitting

When encouraging your child to change their position, try pairing physical cues with verbal ones.

- ✓ Use praise when your child responds to cues or repositions themselves.