

# Seating for Growing Children

Adults are aware of the importance of good seating for the health of their spines, especially their lower backs. However little thought appears to be given to the seats that children use and how it impacts their posture as they grow. We expect children to adapt to the adult size seating arrangements.

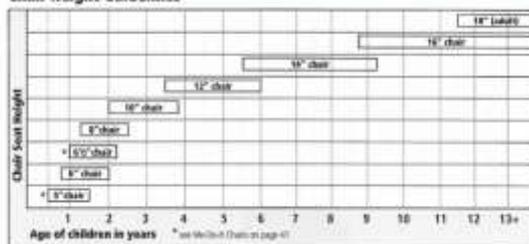


However it is possible to have seating in the home, and at school, that are adjustable for the growing child – indeed suitable potentially right into adulthood. Schools may have some age appropriate seats and desks but it is relatively usual within the home.



As a guide for seating and chairs a child should always have their feet supported, while the knees are bent at 90° or so. The depth of the seat from back to front should be such that there is a little space behind the knee / upper calf and the buttocks are against the backrest. As a practical step where only adult size furniture is available the backrest must in effect be brought forward to meet the child's back by placing a suitable cushion or foam pad behind the child and placing a suitable footrest under their feet.

Chair Height Guidelines



This table gives some guidance for sizing seats and tables for differing aged children.

Table Top Height Guidelines

Chair Seat Height	12"	14"	16"	18"	20"	22"	24"-26"	28"-30"
Table Top Height	12"	14"	16"	18"	20"	22"	24"-26"	28"-30"
Desk Top Height (with allowance for average clearance)	34"	36"	38"	40"	42"	44"	46"-48"	50"-52"

The choice of adjustable chairs for use in the home includes Stokke Tripp Trapp chairs, Froc Chairs and Keekaroo Height Right Chairs. Soft seats and couches are also available if desired from the likes of [http://www.communityplaythings.eu/CP\\_International\\_Catalogue\\_2017.pdf](http://www.communityplaythings.eu/CP_International_Catalogue_2017.pdf)

Sitting posture is important during the growing years and the impact of selecting the correct chair for your child cannot be over emphasised,



For Further information please contact

Ennis Physiotherapy Clinic

3A Barrack Street

Ennis

Co. Clare

Tel: 065 6840757

email: [info@ennisphysioclinic.ie](mailto:info@ennisphysioclinic.ie)