

## Positions for work and play

It would be helpful to encourage the child to use the following positions when completing daily activities such as watching television, playing games, reading, doing homework, using computer games etc. Initially stay in the same position for short periods, but increase the time as it gets easier. At school, consider using these positions as an alternative to table and chair. For example, guided reading groups could be encouraged to lie on the floor in a prone position during the activity.

