



## What is it?

W-sitting is when a child is sitting on their bottom with both knees bent and their legs turned out away from their body. The position of the legs resembles a W.

## Why do Kids W-sit?

The most common reason kids w-sit is core weakness. This position of sitting requires less abdominal activation by providing a wider base of support.

Other reason your child may w-sit:

- Poor balance
- Structural abnormalities of the hip; (femoral anteversion) twisting of the thigh bone inward.
- Initially your child may seek this position for comfort, but over time develop hip tightness, and then are not able to sit comfortably in other positions.



# What is Wrong With W-sit?

- Promotes poor posture
- Decreased core activation leading to deficits in balance
- Inhibits ability to transition between positions
- Keeps children confined to play only in midline, which can lead to delays in development
- May lead to muscle tightness, hip dislocation, or even back and hip pain as an adult

## Alternative Ways to Sit...



Side Sit



Long Sit



Criss Cross

You may need to seek advice from a physical or occupational therapist if your child choose to spend the majority of time in a w-sit or has difficulty achieving other sitting positions.

