

Healthy Spine

CHECKLIST

SIT WELL

A GUIDE FOR PARENTS & TEACHERS

SUITABLE FOR YEARS K-6

A Healthy Spine Supports a Growing Mind!

Shoulders should be relaxed.

Children should sit comfortably tall, with the head and neck in a neutral position aligned with the tailbone.

Elbows should rest gently on the desk aligned with the shoulders.

Hips, knees and ankles should be bent at 90 degrees.

Both feet should be flat on the floor.

P

is for POSTURE

Good posture is important in maintaining a healthy spine!



QUICK TIPS

Ideally, desks should be the correct height appropriate to the child.

Chairs should be positioned close to the desk or table so the tummy is almost touching it.

When using computers or tablets, position the screens at eye-level to reduce neck, shoulder and eye strain.

IMPORTANT – Children should take regular movement breaks every 30 minutes to reduce stress on the body.



For more information visit spinalhealth.org.au

Spinal Health Month is a community service initiative of the Australian Chiropractors Association. For references, visit chiro.org.au/references

