

WHAT'S WRONG WITH

# W-Sitting



## What does W-Sitting look like?

When a child is in a W-Sitting position, his bottom is between his legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a “W”.

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## Why do kids W-Sit?

In this position, a child's base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It's a convenient position for play because kids do not have to work on keeping their balance while also concentrating on toys.

## Why is W-Sitting a problem?

This position limits trunk rotation so that kids can't shift their weight to either side. This affects the development of balance reactions and the ability to cross midline. Hip and leg muscles can also become shortened and tight which may lead to "pigeon toed" walking and back or pelvis pain as they grow.

## What can you do to help?

Encourage other ways to sit on the floor: side sitting (to either side), long sitting (legs out in front), pretzel sitting, or sitting on a low bench or stool. Consistency is important! If a child is frequently in a W-sitting position, core strength may be an issue. Check out our Core Strengthening Exercises for Kids at The Inspired Treehouse!