

# SAY NO TO W-SITTING

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## WHAT IS W-SITTING?

The child is sitting on the floor with each leg turned out to the side. The feet are on the outside of the knees.

If you look from above, the child's legs and body form the letter "W".



## WHY DO CHILDREN W-SIT?

When a child "w-sits" their base of support increases.

The child's core muscles (flexors and extensors) and static balance are not as used (activated) as when sitting in other positions.

## WHY IS W-SITTING A PROBLEM?

Sitting in a "W" position frequently:

1. Decreases child's trunk rotation
2. Decreases child shifting their body weight (side-to-side, front-to-back)
3. Limits opportunities for the child to cross their body midline
4. Limits opportunities for the child to develop balance reactions
5. Limits opportunities for the child to develop core strength
6. Develops poor posture
7. Delays in fine motor skills

Into adulthood, childhood "w-sitting" may cause:

1. Hip and leg muscle tightening. This can cause "pigeon-toe" walking or back pelvic pain.
2. Hip joint pain due to increased friction of bone to bone contact (hip acetabulum and femur bone head).

## WHAT YOU CAN DO:

Encourage your child to sit in another position:

1. Criss-Cross (Tailor Sitting)
2. Long-Sitting (Sitting with both legs straight in front of them)
3. Side-Sitting (Legs both to the left or right side)
4. Prone (Laying on their stomach)
5. Sitting on a stool/chair

Remind your child with a common phrase to change their sitting posture, such as "sit criss-cross".

Stretching tightened and/or shortened hip and thigh (femur) muscles. Specifically the hip extensors, adductors, and external rotators.