

# ADAPTED SEATING

## Eyas Landing & Blue Bird Day

### Price

\$45-\$90

### Resources

NBC Dallas News: Wiggle Chairs in Classroom Used to Help Kids Focus

<http://www.nbcdfw.com/news/local/Wiggle-Chairs-in-Classroom-Used-to-Help-Kids-Focus-399675341.html>

Friendship Circle Special Needs Resources Blog: Six Alternative Seating Options in the Classroom for a Child with Special Needs

<http://www.friendshipcircle.org/blog/2014/11/03/six-alternative-seating-arrangements-for-a-child-with-special-needs/>

### What are they?

Adapted seating is a type of seating that allows a person to move while staying seated. If your child is restless or seems to have trouble sitting still, changing the seating may be an option to help them stay focused while allowing them to move. There are many different types of adapted seating. All of the different types let a kid move and wiggle while staying seated. Wiggling allows a kid's body stay engaged, allowing them to keep their mind engaged as well.

### Why use them?

Children need to move. Whether they are in school or at home, some children may have trouble staying calm to sit for a long time. To help these children focus on a task while seated, adapted seating gives the option to move while staying in their chair. It also lets a child strengthen their trunk and back while seated because they are actively using their muscles. Because your child is moving around it is important talk to them about "safe" movements while using the chair. This may mean no spinning or keeping your feet on the ground while seated. It is important to tell your child that these are not toys but adapted chairs that help them focus.

### Types of Adapted Seating

There are many different types of adapted seating. The most common include:



*FROM LEFT TO RIGHT:*

- KORE WOBBLE
- INFLATABLE WIGGLE CUSHION
- GAIAM KIDS BALANCE BALL
- ERGOERGO SEAT