

Meal Time Practice: “90/90/90” for posture and stability



What is '90/90/90'?

- This means that your child should have a **90 degree angle at their hips**
- They should have a **90 degree angle at their knees**
- They should have a **90 degree angle at their ankles**

Top tips:

- When sat on the chair, your child's **feet should be flat on the floor**. If their feet are dangling in the air please place a box/ an old phone book/ play mat/ foot stool etc. underneath their feet.
- The **table top should fit just above your child's elbows**. If the table top is too high, they may struggle to reach up; if the table is too low they may slump down in their chair.
- Your child's **knees should be just over the edge of the chair**. If the chair is too big, place a cushion behind your child's back.
- If you and your family sit on the floor to eat, then try to ensure the child's back is supported perhaps against a wall or sofa as sitting unsupported could be difficult/tiring; they could be sat either cross legged or in long sitting (with feet straight out in front of them).

Three main reasons for '90/90/90' at meal times:

- This position supports our breathing
- This position provides safety and support when sitting which helps children to focus on eating
- This position allows children to focus on the coordination that is needed to bring food towards their mouth

It is very important to do this first before other things are tried. Many families have found that the '90/90/90' position can make a big change in behaviours around eating. If no immediate change is apparent, continue with this positioning as it's essential.