



## Special Dates this Month

### Dad-urday- March 9

For Dads, Step-dads, Uncles, Grandpas, etc. to enjoy fun quality time together. **NO MOMS ALLOWED!** We will be learning how to make Playdough

### Food Bank Donation Week- March 11 to 15

Please bring a Food Bank Donation to program and enter to win a prize!

**Green Day-March 15-** In celebration of St. Patrick's Day, wear **GREEN**

**Developmental Clinic** -March 19- come visit and ask the professionals any questions you may have regarding your child's development.

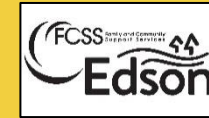
### Life After Baby- March 21

Join Allison, with Alberta Health Services, to discuss the challenges and rewards after having a baby!

## Pictures from the Centre



March 2019



Providing programming & resources for families with children 0-6 years of age.



“Within the  
**child** lies the  
fate of the  
**future.**”

-Maria Montessori



Located at 4818 7<sup>th</sup> Avenue, Edson  
Lower Level Red Brick Arts Centre  
For more information please call  
**780-723-4338**

### Why do children W-Sit?

- W-sitting is a stable position for children
- Leaves hands free to play without challenging their balance.
- Normal position to move in and out of during the day. NOT for prolonged periods.
- Children with low muscle tone, hypermobility in the joints or decreased balance and trunk control are more likely to W-Sit

# W-Sitting in Children



### What is W-Sitting?

W-Sitting is a common floor sitting position adopted by children where the child sits on their bottom with their knees bent and rotated inwards, so their calves and feet are on the floor beside them, in the shape of a W.

### Negative effects of W-Sitting

- Overuse of this position can cause orthopedic problems and delay development of postural control and stability.
- W-sitting could delay development of refined motor skills and mature movement patterns necessary for higher-level skills.
- This position puts hip joints into increased internal rotation tightening the muscles and stretching the muscles on the outside of the hips, which effects coordination, balance and development of motor skills. It can also cause a knock-kneed position.
- The “W-sit” position widens a child's base of support, resulting in less need for weight shift and postural control while they are playing, moving and reaching than in other seated positions. Trunk rotation and weight shift to the side build muscles that are essential for developing many other skills.



### Ways to prevent W-Sitting

- Help them to move into a better position: cross legged, legs out straight, side sitting or on a cushion or stool.
  - Use consistent positive verbal reinforcement like, “legs out” or “sit on your bottom”. The verbal prompts used will take the place of physically adjusting the child's position.
  - Praise your child when they reposition themselves.
- W-Sitting can quickly become a habit; early identification and encouragement is the best method to prevent any adverse outcomes from sitting in this position.



### Further Support

There are a lot of other activities that you can do to increase your child's core muscle strength. Speak to a Paediatric Physiotherapist for further information and support.

Information provided by  
Paediatric Physiotherapist  
Jessica Logan

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