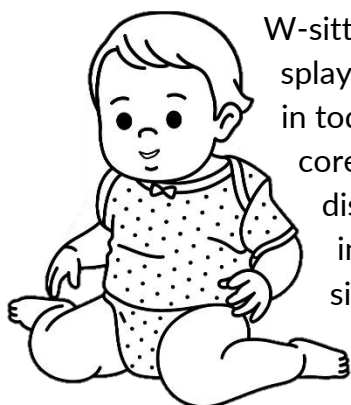


W-Sitting



W-sitting is when a child sits with their knees bent inward and legs splayed out. Their legs look like a “W” shape from above. It’s common in toddlers and young children, because it feels stable and requires little core effort. Because children’s hips rotate easily, they may not feel discomfort in this position. While occasional shifting in and out is normal, frequent or prolonged W-sitting may point to motor concerns, such as tight muscles or challenges with core strength and cross-body movement.

What to do if your child W-sits

1. Alternate sitting positions on the floor: it’s best for children to switch sitting positions often. If your child frequently W-sits, show them other ways to sit. Encourage these positions during play. Keep instructions positive, for example, “Sit criss-cross to build strong muscles!”

Ring sit: For infants, toddlers, or those new to sitting. Child sits with their legs forward, knees slightly bent and spread apart with feet close together, forming a ring or circle shape.

Long sit: child sits with their legs straight in front of them.

Side sit: child sits with both feet out to the same side.

Criss-cross: child sits with their legs crossed, feet tucked underneath.

2. Offer alternate seats, such a stool or child-sized chair, if your child can use them safely.
3. Encourage activities and games to build strength in movement. These include yoga poses, Twister, climbing at the playground, hopping, jumping, and games like What Time Is It, Mr. Wolf?

Please consult a health professional if you have concerns about your child’s safety or development.

