



## W-Sitting

Have you ever noticed your child sitting in a “W” form with their legs. Sitting this way is not good for child development. We often correct it by asking the child to “Fix Your Legs”.

A couple of resources to help explain why you should correct this behavior early on so it is easily corrected:

<https://napacenter.org/w-sitting/>

<https://www.cdchk.org/parent-tips/truth-about-w-sitting/>

<https://theinspiredtreehouse.com/child-melting-look-w-sitting/>