

# Feeding POSTURE

## Why Good Posture is a Game-Changer for Mealtimes

The 90-90-90 posture is essential for young children at the table. This posture ensures a comfortable, stable and better eating experience. Your child's hips, knees and ankles should all be at 90-degree angles, with feet resting flat on a stable surface like a footrest or the floor. Proper posture supports core stability, allowing children to focus on eating rather than fidgeting or feeling unbalanced. Without it, they may slouch, struggle to chew properly, or become easily distracted. A well-supported child is more likely to stay at the table longer, explore new foods, and eat with ease. Small adjustments, like using a footrest or adjusting chair height, can make a big difference in their mealtime success!

### Seating Must Haves

- Supportive back
- Place for feet to rest flat
- Good posture
- Spine in alignment



[Link for image](#)