

Preschool Field Officer Service

Integrated Child, Youth and Family Services



'Move & Sit Cushion'



(You might also hear them called a posture wedge or sitting wedge.)

These cushions provide sensory movement input for children whose bodies need more movement than other children and have trouble sitting still for learning activities.

The triangular wedge shaped cushion encourages active use of the core/trunk muscles from the user to assume an upright sitting position and this can help with stimulating their nervous system and in turn their attention and concentration.

The air-filled nature of the cushion allows the child to wobble or wriggle in their seat to give them some movement input without the need to stand up and move around.

They can be used on chairs or on the floor, and are often used in kindergartens or schools.

For children who seek lots of movement and/or deep pressure input onto their body, it might be useful to use the cushions in addition to other means of obtaining input such as leaning against a wall or having a weighted object on their lap, or something to fidget with in their hands.

You can inflate or deflate the cushion without needing a pump to change the 'wobble' or amount of movement depending on your child's needs.

If your child has significant sensory issues, you may also wish to consider a consultation with an occupational therapist. Your Preschool Field Officer can provide details of occupational therapists in your local area.



If you require assistance with this document, the information can be translated by contacting Translating and Interpreting Services on 131 450 and asking to be connected to Wyndham City on 9742 0777.