

Setting up your child's virtual learning workspace

Why is proper workspace setup for your child important?

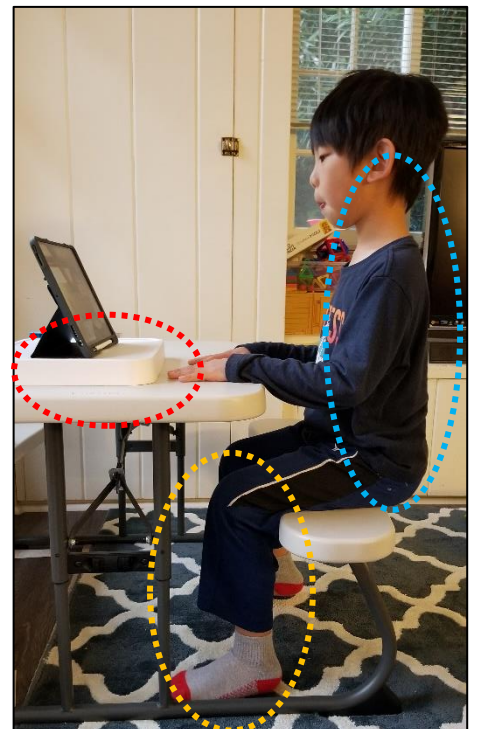
- Your child's body is positioned in a way that can help decrease muscle fatigue and possibly result in increased attention to school tasks.
- Your child can learn and practice good posture habits!



Adjust the distance of device to 15-30 inches from eyes and height of the top of the screen at eye level.

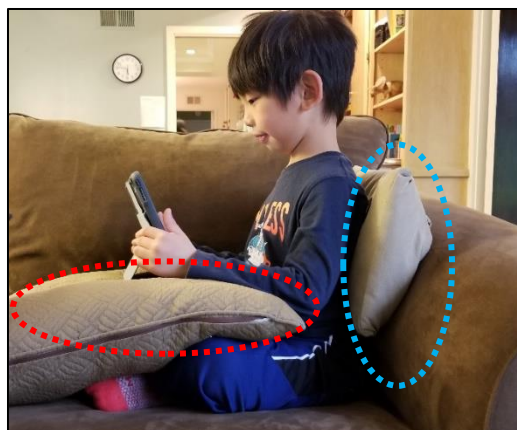
Head should be in line with shoulders and back should be in an upright position. If needed, add a pillow for support.

Feet should be flat on the floor with approximately 90-degree bend in the knees. If needed, add a foot support.



Remember to take 5 to 10-minute movement breaks!

- Give their postural muscles a break
- Get their wiggles out
- Decrease eye strain



If you need modifications specific to your child, please ask your child's therapist.