

THE BEST FLOOR SEATS FOR KIDS

A floor seat can be a great tool for kids that struggle with core muscle weakness or sensory concerns!

1 || Scoop Rocker This option is best for the kids who aren't seeking vestibular input and who are cognitively able to adhere to the rules of the chair. It can also be great for regulating kids that need just a bit of movement to stay focused! Letting kids explore the rocking motion during free play can help the novelty wear off so that when circle time comes around, it's easier to use it appropriately.

2 || Stadium Seats These are perfect for kids who need a bit more trunk support to stay sitting up and helps to alleviate some of the required postural endurance to stay in that position for longer periods of time.

3 || Howda Hug Chair A multi-purpose seat with adjustable straps designed to "hug" and comfort. This chair provides support and freedom of movement and is ideal for providing a secure and grounded feeling. Bonus: it rolls up and has a carrying strap to store compactly!

4 || Wobble Cushion This acts as a wiggly preschooler's homebase. Wobble cushions are great for providing sensory input and, as an unstable base, they provide an option for core strengthening while attending to the story of the day!

5 || Body Sock Sometimes, kids just need a little proprioceptive input to help them stay in one spot! A body sock, even just around her legs, might be the resistance she needs to calm her body.

6 || Nada Chair Kiddy-Up This is a great option for kids who struggle with supporting themselves in unsupported sitting. The straps work for both long sitting and tailor sitting, so kids can experience a variety of positions.