

North Star Nursery – Where every child can shine.



# North Star Nursery Parent Newsletter February 2021

Dear parents,

Welcome to our second newsletter of the year 2021.

## **Staffing**

We recently held internal interviews for Senior Nursery Nurse post, with four expressions of interest shown from the team. Corrinne Bull has been appointed as Senior Nursery Nurse, she continues to work in Discoverers, with additional focus for Learning and development of children across the nursery.

We welcome Kam back from maternity and Debbie back from furlough.

We celebrate with Soraia the achievement of her Level 3 Early Years qualification alongside her Maths and English.

Staff across the team have also been able to maintain Child protection training and First Aid training.

## **Focus – Physical development**

We have noticed in recent weeks that several of our children are sitting on their knees or in the “W” position. Whilst we are trying to correct this through modelling and reminding them to have “Feet in front” and “show me good sitting” it may be quicker and easier to overcome if we work together with you as parents on this. Attached below is a guide for your information.

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## **Footnote**

Opening Hours: Due to COVID 19 are 8.00am – 5.00pm (Last pick up 5.00pm)  
Contact: 01793 411994 Email: [info@northstarnursery.co.uk](mailto:info@northstarnursery.co.uk)

## Dates for your diary

19<sup>th</sup> April 2021 -Living eggs.  
The arrival of eggs which we will observe as they hatch and grow into chicks. They will be collected from us on Friday 30<sup>th</sup> to be taken to their new home.

30<sup>th</sup> April – NO Pen Day

29<sup>th</sup> April to 5<sup>th</sup> May –  
Screen free/turn off the TV week

4<sup>th</sup> May -International Fire  
Fighters Day

5<sup>th</sup> May –Children’s Day  
(Japanese)

14<sup>th</sup> May – Garden day

18<sup>th</sup> – 22<sup>nd</sup> May – British  
Sandwich week.

20<sup>th</sup> May – Friendship Fun  
Day



# W-SITTING

## What is "W"-sitting?

- When sitting on the ground, the child's bottom, knees, and feet are all touching the ground, with the feet resting outside of the knees
- When looking at the seated position from above, it resembles the letter "W"
- Hips rest in flexion, internal rotation, and adduction

### Why do kids "W"-sit?

#### 1: Structural Abnormality of the Hips



- **Femoral Anteversion** – when the head and neck of the femur is rotated anteriorly in relation to the transcondylar axis of the femur
- Hip internal rotation is the preferred position (in both walking and sitting), leading to preference for in-toeing and "W"-sitting

#### 2: Core Weakness or Poor Balance



"W"-sitting position results in a larger base of support, which could be used as a compensatory strategy for abdominal and trunk extensor weakness or poor static balance

#### 3: Habit



- Children can begin exhibiting this hip positioning (flexion, abduction, and internal rotation) as early as 6 months in a multitude of positions, including:
  - Crawling on hands and knees, with knees positioned outside of hips
  - Kneeling with knees outside of hips
  - Transitioning from sitting to hands and knees without moving through side-sitting

• Many children begin "W"-sitting for a multitude of reasons, but they soon realize that this position requires less muscle activation and achieves more stability, leading to increased reliance on "W"-sitting

### What is wrong with "W"-Sitting

#### 1: Decreased Core Activation



- Due to wide base of support afforded with "W"-sitting, less core muscle (trunk extensors and abdominals) activation is required to maintain position
- This wide base of support also limits the child's need to shift weight from side to side during play, resulting in decreased use of lateral and posterior balance reactions

#### 2: Poor Posture



- "W"-sitting encourages excessive posterior pelvic tilt, which can result in slouching
- Excessive hunching over results in minimal trunk extensor activation
- Creates a cycle of poor sitting posture due to muscle weakness, resulting in poor sitting posture

#### 3: Pigeon-Toed, or In-Toeing Walking Pattern



- Increased hip internal range of motion, decreased hip external range of motion, and hip abductor weakness can contribute to in-toeing gait pattern
- Some in-toeing gait can be attributed to femoral anteversion

#### 4: Decreased Trunk Rotation

- Poor trunk extension due to posterior pelvic tilt can limit ability to turn trunk from side to side
- Notice the difference in ability to turn from side to side between sitting hunched over and sitting with good posture
- Inability to play while exhibiting trunk rotation can impair body's ability to integrate left and right sides of the body, leading to decreased coordination



#### 5: Delayed or Impaired Fine Motor Development



- Trunk rotation is also important for midline crossing
- Midline crossing and bilateral coordination (integrating movement of left and right side of the body) are important for fine motor development
- Children should begin utilizing both hands in play as early as 8 months when they transfer objects from one hand to another
- Higher level fine motor tasks, such as fastening a button, require more coordinated effort between both left and right hands

#### 6: Stress on Joints

- Resting with the hips in flexion, abduction, and internal rotation, as seen with "W"-sitting, places the hip joint in maximum contact with both bones of the joint
- Excessive time spent in these positions of maximum contact can lead to hip pain as a young adult and osteoarthritis as an adult

#### 7: Back or Hip Pain as an Adult



- Prolonged time spent in any position of poor posture, such as sitting with a posterior pelvic tilt, can cause trunk extensor weakness and excessive loading through specific spinal segments
- >50% of Americans will experience low back pain at one point in their life, with many causes due to trunk extensor weakness and poor sitting posture for prolonged periods of time

- Femoroacetabular Impingement is a cause of hip pain due to excessive contact between the 2 bones of the hip joint (head of the femur and acetabulum/acetabular labrum of the pelvis)
- Excessive friction between these 2 areas can result in hip pain in young adults and predisposes an adult to osteoarthritis
- It is treated through conservative treatments such as exercise and stretching, or surgical options to reduce friction
- Sitting with flexion, adduction, and internal rotation ("W"-sitting) increases the friction between this one area of the hip joint

### "W"-sitting Solutions

#### 1: Alternative ways to sit



- Tailor Sitting, or "Criss-Cross" Sitting: sitting with hips in flexion, abduction, and external rotation
- Long Sit: sitting with knees extended and hip flexion, with or without trunk support
- Side-Sitting: sitting with both feet to one side, with one hip in internal rotation and one hip in external rotation

- Squatting: encourages lower extremity and core strengthening
- Prone: laying on belly, supporting self on forearms
- Sitting on a Chair or Low Stool

#### 2: Core Strengthening

- If the underlying cause of "W"-sitting is core weakness, a home exercise program aimed at strengthening the child's core will help the child feel stable in other sitting options

#### 3: Hip Stretching



- Prolonged "W"-sitting can result in shortening of the hip abductors, solei, and hamstring muscles, making it difficult to achieve or maintain alternative sitting postures
- Exercises aimed at stretching muscles that have been shorted will help a child achieve alternative sitting postures

#### 4: Repetition and Verbal Cues

- Consistency with a verbal cue will help a child associate a specific phrase with changing their sitting posture, such as "Fix your legs" or "Criss-cross- applesauce"

#### 5: Seek Help

- Have your child see a licensed Physical or Occupational Therapist
- An experienced therapist will help your child work on strategies to decrease "W"-sitting and increase proper postural positions

For more on Childhood Development including infographics, checklists, blogs, e-Books and webinars please visit [www.KidsBlossom.com](http://www.KidsBlossom.com)



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We are grateful for your support in adjusting the pick-up times to allow for the staff to fully clean the building before they leave each evening, in the absence of our designated cleaning team.

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With effect from week 19<sup>th</sup> April 2021, we will be reverting to the timeslots issued to you in September as the cleaners are back in the building. You may recall we asked you to bring your collection time forward by 20 minutes in January 2021, so last pick up was 5pm.

It is still important to abide by your collection time to minimise the number of adults congregating outside the nursery.

If you cannot remember your allocated times, please speak to room staff.

Thank you for your on-going support.

Take care of each other and those you love.

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