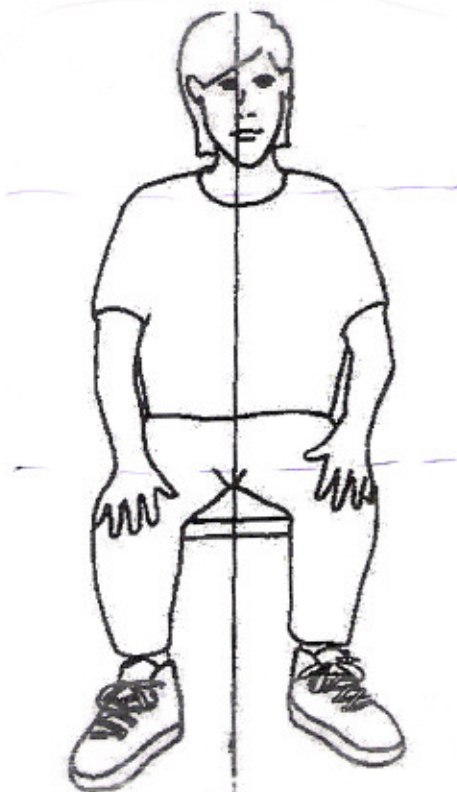


Antelope Valley Union High School District Positions for Feeding Students

Body alignment is critical for any person, especially during feeding.

The nose, navel, knees and toes (head, shoulders, knees and toes) need to be in the same direction, at the same time (with shoulders and hips parallel) to allow for food and fluids to travel safely and efficiently through the digestive system.

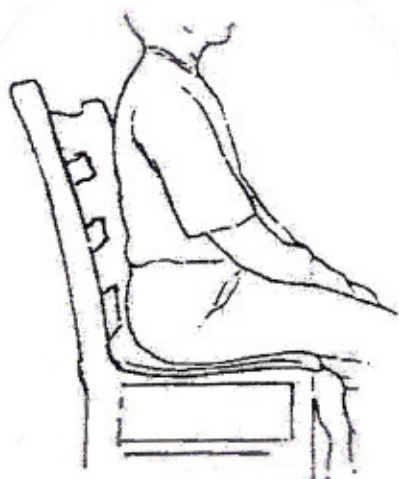


Shoulders and hips are parallel

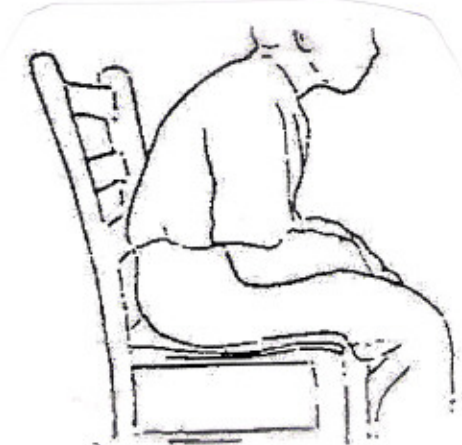
Head, shoulders, knees, and toes
are in the same direction,
at the same time

Normal sitting for good alignment

“Sacral sitting” that prevents safe
and efficient digestion



Pelvis tilts slightly forward



Pelvis tilts backward