



Is Your Child's Body Asking for More Awareness?

A Gentle Parent Checklist to Notice Early Posture Habits at Home



Before children can change a posture habit, they first need help noticing it. 



SIT



STAND



MOVE



AWARE



A Free Parent Resource from The Posture Architect 

Powered by the **RENEW** Kaizen Framework



Why This Checklist Exists



As parents, we often notice small things before we know what to call them.

A child who slowly folds into the chair during meals.
A head that moves closer and closer to the book or screen.
Feet that never seem to settle.
Shoulders that rise when they are concentrating.
A body that looks tired, collapsed, or less steady than we expect.

These moments can leave us wondering:

- ♥ Is this just a phase?
- ♥ Should I be correcting it more?
- ♥ Why does "sit straight" never seem to last?

This checklist was created to help you pause, observe, and notice your child's everyday body habits with more clarity without fear, judgement, or blame.

Not every posture habit means that something is wrong. Children are growing, moving, experimenting, and adapting all the time.

But repeated patterns can sometimes be a gentle invitation to build something important:

♥ **body awareness.**

Because before children can adjust how they sit, stand, move, or carry themselves, they first need help recognising what their body is doing. That is the first step.

Posture starts with awareness.



We notice such things as:



Slouching or folding into seats



Head moving very close to books or screens



Feet not settled on the floor



Shoulders rising or tension in the upper body



Uneven standing or restless posture



Gentle Note

This checklist is not a medical screening tool, assessment, or diagnosis. It is a parent observation guide designed to help you notice patterns in everyday life.



If your child is experiencing pain, persistent discomfort, significant asymmetry, developmental concerns, or anything that worries you, appropriate professional advice should be sought.





What Do You Notice?

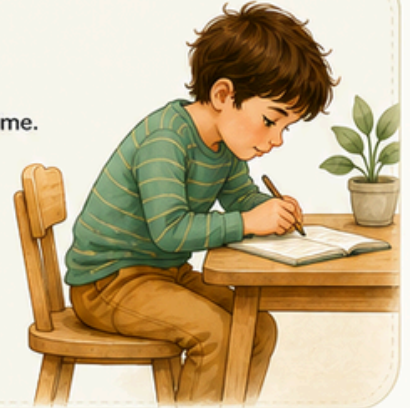
This checklist is not about labelling your child.
It is about gently noticing repeated patterns in everyday moments.

Tick the statements that feel familiar.



1. Sitting Habits

- ☐ My child often folds into the chair during meals, reading, or homework.
- ☐ My child finds it hard to sit with their body feeling settled, even for a short time.
- ☐ My child often slides forward, leans heavily on the table, or rests their body on one side.
- ☐ My child's sitting posture changes quickly from upright to collapsed once they become absorbed in an activity.
- ☐ My child often sits in a way that makes their body look tired, compressed, or unsupported.



2. Standing Habits

- ☐ My child often stands with more weight on one leg than the other.
- ☐ My child's body appears to sway, lean, or settle unevenly while standing.
- ☐ My child often stands with their head lowered or gaze directed toward the floor.
- ☐ My child's body looks less steady when waiting in line, talking, or standing still.
- ☐ My child seems to stand in a collapsed way rather than with a sense of gentle height.



3. Screen and Device Habits

- ☐ My child's head moves very close to the book, tablet, phone, or screen.
- ☐ My child often curls their upper body forward while using a device.
- ☐ My child stays in one screen position for a long time without naturally changing or resetting.
- ☐ My child seems unaware when their body becomes smaller, tighter, or more folded during screen time.
- ☐ My child often uses screens in positions where the neck, shoulders, or back appear strained or unsupported.



4. Head and Shoulder Habits

- ☐ My child's shoulders often creep upward when they are concentrating, excited, or tense.
- ☐ My child's head frequently drifts forward during reading, screens, drawing, or table activities.
- ☐ My child seems unaware when their chin drops down or their neck shortens.
- ☐ My child's shoulders look rounded or pulled inward during everyday activities.
- ☐ My child often appears to carry tension in the upper body without noticing it.





What Do You Notice?



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Tick the statements that feel familiar.



5. Feet and Balance Habits

- ☐ My child finds it hard to keep both feet settled on the floor when sitting.
- ☐ My child often wraps their legs around the chair, tucks their feet away, or keeps their feet floating.
- ☐ My child seems less steady when standing still or balancing on one leg.
- ☐ My child often shifts from foot to foot instead of feeling grounded through both feet.
- ☐ My child appears disconnected from the floor when sitting, standing, or moving slowly.



6. Movement and Body Awareness Habits

- ☐ My child often moves quickly without noticing how their body is organised.
- ☐ My child bumps into things, rushes through movements, or seems physically unaware during daily routines.
- ☐ My child finds it hard to pause, reset, and return to a more comfortable position.
- ☐ My child seems to need frequent reminders to notice where their body is in space.
- ☐ My child may respond well when guided, but does not yet notice these body habits independently.



7. Confidence and Body Presence Habits

- ☐ My child seems to make their body smaller when shy, unsure, or around others.
- ☐ My child often looks down or folds inward when speaking, listening, or waiting.
- ☐ My child's body presence appears less open when they are nervous or lacking confidence.
- ☐ My child may appear physically hesitant even when they understand what to do.
- ☐ My child sometimes carries themselves with less steadiness or assurance than I know they are capable of.



Every tick is not a problem.
It is simply a point of awareness.
The more clearly we notice,
the more thoughtfully we can guide.



What Did You Notice?

Take a quiet moment to look back at the statements you ticked.



There is no perfect score here.

This checklist is not about judging your child or measuring them against an ideal.

Instead, look for patterns.

Which one or two things seem to show up most often in your child's everyday life?

Examples of common patterns parents notice



Folds into the chair during homework



Brings their face very close to a screen



Finds it hard to keep their feet settled



Lifts their shoulders when concentrating



Seems to need frequent reminders to reset

Choose One Place to Begin

You do not need to work on everything at once. Pick one recurring pattern that feels easy to notice during everyday life. Then, over the next few days:

1

Notice it



When does it tend to happen?

2

Name it gently



Use a simple, playful cue rather than a correction.

3

Practise one small reset



Help your child experience what feels different.

4

Repeat without pressure



Awareness grows gradually with repetition.

Important Note

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If your child is experiencing pain, persistent physical discomfort, significant asymmetry, developmental concerns, or anything that worries you, appropriate professional advice should be sought.

The score is not the story.

—♥ The noticing is. ♥—



The Real Insight Is Not the Score



The patterns you noticed are a starting point.

The real value of this checklist lies in understanding when these habits appear and how you can gently help your child become more aware of their body.



1



Posture Habits Appear in Everyday Routines

A child's body habits are often easiest to notice during ordinary moments: while eating, reading, doing homework, using a screen, waiting, walking, playing, and listening. These are not posture lessons. They are simply the places where repeated patterns become visible.



2



Children Often Do Not Realise What Their Body Is Doing

Many children are not deliberately slouching, collapsing, or holding tension. They may be deeply focused. They may be tired. They may be excited. They may simply not yet have the body awareness to notice when their posture has changed. That is why repeated correction often does not create lasting change on its own.



3



Instructions Alone Rarely Build Lasting Awareness

Phrases like "Sit straight", "Don't slouch", and "Stand properly" may create a quick adjustment in the moment. But if the child does not understand what to notice, what to feel, or how to reset, the body often returns to the same habit soon after. Children need more than instructions. They need meaningful guidance.



4



Playful Language and Body Awareness Tools Matter

Children learn best when the message is easy to picture, emotionally safe, simple to repeat, and connected to a clear body feeling. A playful cue, a memorable image, or a shared parent child phrase can help a child begin to notice themselves without feeling criticised. This is where awareness begins to grow.



5



Small Noticing Moments Can Become the Beginning of Self Correction

A child does not need to fix everything at once. The beginning may be very small: noticing that their feet are not on the floor, sensing that their shoulders have lifted, realising that their head has moved close to the screen, or remembering to pause and reset. These moments matter. Because every time a child notices, they are taking a step toward more independent body awareness.



♥ **Posture starts with awareness.** ♥
And awareness becomes stronger through:



GUIDANCE



REPETITION



FEEDBACK



MOTIVATION



TO SUSTAIN



From Noticing to Gentle Action



If this checklist helped you notice one or two recurring patterns, you've already made a start.

Now comes the lovely part — helping your child notice those little things for themselves.

With gentle guidance, playful cues, repetition and encouragement, body awareness can gradually become part of everyday life.

That's the heart of the **Posture Pals** approach.



How Posture Pals Helps Families



Stories Children Remember

Children connect deeply with characters, feelings, and imagination. Posture Pals uses animal stories to turn body awareness into something meaningful, memorable, and emotionally relatable.



Cue Cards Parents Can Use

Instead of repeating “sit straight” throughout the day, parents receive simple, playful posture cues that help children understand what to notice and how to reset.



Playful Activity Sheets

Children reinforce each posture idea through creative activities that build familiarity, reflection, and gentle repetition without making posture feel like a lesson or correction.



Parent Child Practice

Posture awareness grows best when it becomes part of daily family life. Small shared moments help children connect the story, the cue, and the body feeling.



Guided Posture Awareness Pathways

For families who want a more structured journey, Posture Pals offers guided experiences that help children build awareness gradually across sitting, standing, feet, shoulders, breath, movement, and confidence.



If this checklist helped you notice your child differently, the next step is to help them notice themselves.



➡ Continue the journey with: ➡



The Posture Pals Digital Bundle

A self-paced story-led resource library with stories, cue cards, activities, and posture awareness tools.



The Posture Pals Inner Circle

A guided community and 12-week Junior Posture Quest to help families build posture awareness through playful weekly practice.

Explore the Posture Pals Digital Bundle and the Posture Pals Inner Circle.





Continue Your Journey with Posture Pals



You are already doing something powerful.
You are noticing, learning, and choosing to support your child with awareness.

If you're ready for more support, the Posture Pals resources are here
to guide you every step of the way.



Explore What's Next



Posture Pals Digital Bundle

Everything you need to bring posture awareness to life at home.

- Animal stories that create emotional connection
- Matching posture cues your child can remember
- Printable visual cue cards
- Activities, games and fun challenges
- Posture trackers and habit builders
- Parent guides and prompt lists



Posture Pals Inner Circle

Guided weekly practice and a supportive community for consistent progress.

- Step-by-step weekly guidance
- Live sessions and expert Q&A
- Community support and accountability
- Personalised feedback and motivation
- Tools to help your child build strong habits



Ready to explore the next step?

**The Posture Pals Digital Bundle
and Posture Pals Inner Circle.**

Small steps today
create confident
bodies tomorrow.



Instead of repeating "sit straight," give your child
a posture language they can actually remember.



Need help choosing the right resources for your family?
We're here to help you every step of the way.
Email us at theposturearchitect@gmail.com
We'd love to support you!





You Are Not Overthinking It. You Are Paying Attention.

Dear Parent,

If you reached the end of this checklist and found yourself thinking,
"Yes, I have noticed some of these things,"
please know this:

**You are not overthinking it.
You are paying attention.**

Children do not need to be watched with worry.
They need to be noticed with warmth. 

Their bodies are growing.
Their routines are changing.
Their world asks them to sit, focus, look down,
and stay still more than ever before.



And in the middle of all that,
a **little guidance** can go a long way.

Not through pressure.
Not through constant correction.
But through helping them build the quiet
skill of **body awareness**.

That is where meaningful
posture education begins.



Posture starts with awareness. 

And awareness, when nurtured gently,
can become a **lifelong gift**.

With warmth, 

Dr. Renuka Krishnan

Founder, Posture Pals Club
Creator of the RENEW Kaizen Framework

Little steps
today,
strong posture
for tomorrow. 

