

### What is a rocker seat?

- It is a seat or chair that provides a subtle rocking motion while sitting.
- There are a variety of styles of rocker seats. Some seats are designed to be used on the floor.



### What student would benefit from using a rocker seat?

- Students who are active and have difficulty sitting still (e.g. frequently moving, getting up, rocking in their chair, fidgeting)
- Students who need movement in order to help maintain attention
- Students who need the support of a back rest

### What are the benefits of using a rocker seat?

- May help students to sit and attend for longer periods
- Reduces restlessness and helps regulate attention

### Why do rocker seats work?

- The movements experienced when sitting on a rocker seat provide the body with sensory input that may be organizing to the nervous system.
- They provide movement so the student might not get in and out of their seat as often and can focus more on the lesson or activity.

### How and when can rocker seats be used?

- Sitting on a rocker seat may be helpful during times when increased attention is required (e.g. during lessons, when reading, or during class discussions).
- Students should still have access to a regular, stationary chair and should always lead the decision when choosing between a rocker seat and a stationary chair.
- Some activities may require a more stable seat (e.g. cutting or eating).



### Other tips:

- Establish consistent rules that the student and teacher can agree on (the seat is a tool for sitting only).
- Discontinue use if the seat is being used unsafely or inappropriately.

### Where can you buy rocker seats?

- There are several Canadian companies that sell rocker seats.
- Ask your Occupational Therapist for details or to try a rocker seat.
- Check the resources available at your school.