

# Managing fatigue for children with physical impairment

It is important to assist your child to manage their fatigue which will help them to stay on task for a longer period of time. Here are some ways you can help.

- Encourage good upright sitting posture with feet flat on the floor and the table or desk to be about waist height. See image below for correct seating posture:



- Encourage use of **recommended** supports (slopeboards, footrests etc.) to stabilise seating and reduce fatigue.



- Keep learning tools organised and in their own designated places. Help your child to organise the materials needed to complete schoolwork at the place where they will do their learning. Keep workspaces clear, allowing frequently used items to be accessible at all times, to reduce the need to constantly look or move to locate these items.

- Allow your child to take regular movement or rest breaks, such as listening to an audio book.



- Utilise strategies and technologies to reduce the impact of fatigue, e.g., use of speech to text, text to speech and word prediction.

- Consider the use of a scribe or typing to reduce fatigue.



- Having a routine can help your child stay on track and on top of fatigue. Plan the day together, giving them some choice about tasks. Keep in mind that primary school students are likely to be at their best in the morning. High school students may be at their best later in the day.

