

**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.