

## To determine correct chair and table height:

**1. Chair seat height** is the most important calculation you can make. If a child's feet are flat on the floor and his knees are bent at a 90° angle, you have the correct chair for ergonomic, comfortable seating. The chart on the right gives you chair height recommendations by age.

**2. Then pick a table to match.**

In most cases, table tops should be 8 inches above the chair seat, so the table and chair can work together for a child's good posture. (There's a little leeway for toddlers—see guidelines on facing page.)



# Chair & Table Height Guidelines

It comes down to a simple formula—comfort equals concentration and contentment. If children have furniture shaped to support their bodies’ best posture, they can stay focused on the work, play, or lunch in front of them.

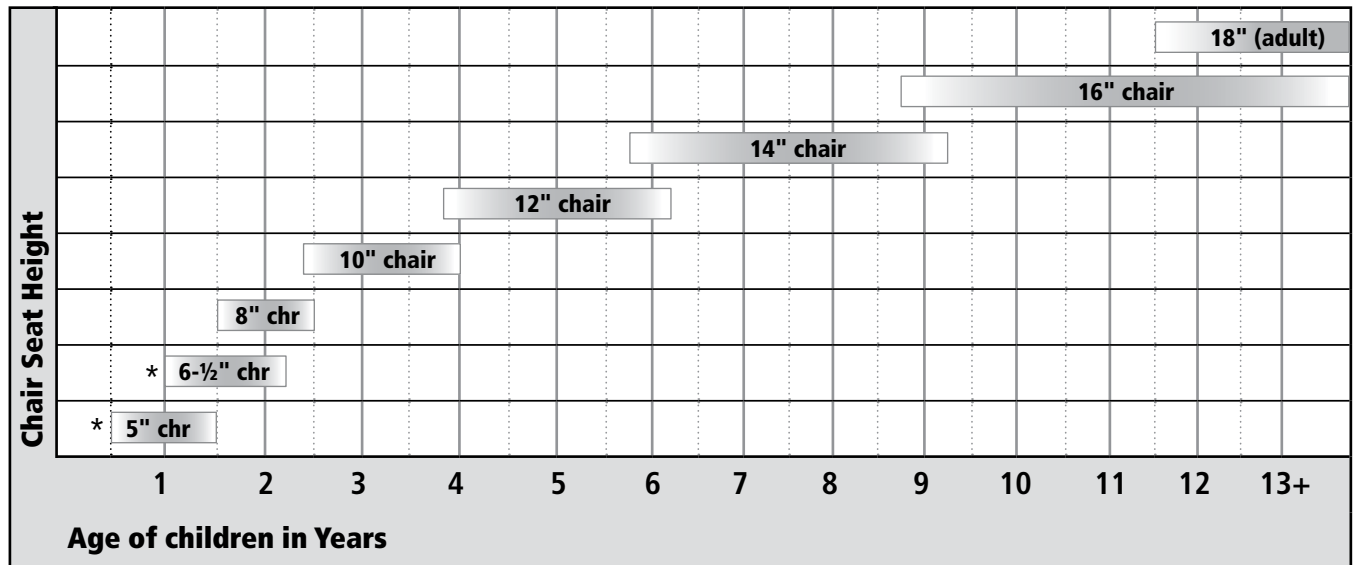
The chart below is a guide based on international averages for children’s size by age. As you are aware, there is great variation within one year, and everyone is growing fast. You may wish to order chairs in several heights, so you can fit each child appropriately and adapt as time goes on.

You can also determine the best chair height by seating a child on any surface with knees at 90° and feet flat on the floor. Then measure the distance from the floor to the seating surface. That’s the chair height you want.

Children should never sit for prolonged periods in the wrong size chair with their feet dangling. A chair should comfortably fit the child and allow the child to sit in a natural, relaxed, supported way while keeping his/her feet on the floor or a stable surface to improve postural stability.

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## Chair Height Guidelines



\* For small chairs see Me-Do-It Chairs on page 151

## Table Top Height Guidelines

Chair Seat Height	5"	6½"	8"	10"	12"	14"	16"	18"
<b>Table Top Height</b>	12"	14"	16"	18"	20"	22"	24"–26"	26"–30"
<b>Desk Top Height</b> with allowance for storage compartment	NA	NA	NA	NA	22"	24"	26"–28"	28"–30"