



# BeMe Seating System Quick Tips

## 8 Steps to Ensure a Perfect Fit

Seating systems are a vital part of 24 hour postural management programs. They provide a stable and functional position for your child to access their surroundings and engage with everyday tasks. However, seating systems are only beneficial if they fit correctly.

Typically seats should be reviewed every 6 months to assess for changes in your child's size or shape. However differences to daily routine (such as being out of school) can increase the likelihood that body shape has changed and increase the frequency with which the seat should be reviewed. This worksheet outlines steps to review the seat with some common signs that your child has changed/grown and requires reassessment by a seating specialist.

- 1 CHECK MY POSITION**  
Is my bottom snug against the backrest with my trunk upright? If I'm sliding forward, it could mean I'm uncomfortable, my belt is loose, or that my muscles are near the end of their range, which isn't sustainable. Re-adjust my position as needed.  
*Tip:* If my hamstrings are tight, move the footplates back and/or recline the back slightly.
- 2 Check My Belt**  
Ensure the lap belt is firmly attached over the top of my thighs with space for one finger to fit underneath. If it's too loose or tight, reassess and adjust.  
*Tip:* On BeMe, the belt mount position can be changed to alter the angle of pull.
- 3 CHECK MY TRUNK ALIGNMENT**  
Is my pelvis level and my trunk upright, or am I slouched down, pelvic tilt, rounded back and shoulders which makes reaching and playing difficult?  
*Tip:* The sacral pad can be angle adjusted to encourage an upright open posture.
- 4 FEET UNDER MY BOTTOM**  
Am I sitting fully within the seat well of the contour cushion? My weight should be approximately equal with my ischial tuberosities in the middle of the well. If needed, re-adjust the contour cushion, or my position.
- 5 CHECK THE SPACE BEHIND MY KNEES**  
There should be enough room for two fingers behind my knees. If there isn't, the seat depth needs to be extended.  
*Tip:* With BeMe, the seat depth can be adjusted while I'm still in the seat.
- 6 FEEL UNDER MY THIGHS**  
Am I bearing weight under the front of my thighs? If it's easy to slide your hands under my legs, the footplates are too high. If it's difficult to slide your hands in, then the footplates are too low and need raising to improve pressure distribution.
- 7 CHECK MY LATERAL SUPPORTS**  
Feel the space around my lateral supports. Keep them low if I have good trunk control and enjoy being active. Position them higher (but still allow two fingers' space from my armpits) if I need more support. If you can't fit your hand in easily with normal clothing adjust the width.
- 8 REASSESS MY HEAD POSITION**  
Is my head centrally positioned on the head support with my face relaxed and eyes facing forward? Supporting my head and trunk helps me to communicate and participate in learning and play.  
*Tip:* The wings on the head support can be adjusted to provide a flat or contoured shape.



24 hour postural management is a means to protect body shape, prevent or alleviate pain and enhance function through optimum positioning and equipment

