## **Chair and 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 or play in front of them.

Determine the best chair height by seating a child with knees at 90° and feet flat on the floor. Measure the distance from the floor to the seating surface.

The table legs and chairs are size-marked to help determine the correct table/chair choice. Match the size marks on table and chair.

Children's ages	Chair	Stacking stool	Seat hight	Size mark	Table height	Adjustable leg size		
0-2*	J505	J121	13 cm	000	30 cm	low		
	J506	J122	17 cm	00	36 cm			
2–3	J408 (J708)	J123	21 cm	0	40 cm		med	
2-4	J710 (J410)	J124	26 cm	1	46 cm			
4-6	J712	J125	31 cm	2	53 cm			high
6-8	J714	J126	35 cm	3	59 cm			
8–11	J715		38 cm	4	64 cm			
11-14	J716		43 cm	5	71 cm			
14 +	J718		46 cm	6	76 cm			

\* for 0–2s, consider our other feeding or Me-do-it chair options.

## Height ranges for MultiTable legs



Solid legs (cm)

