

CORE STRENGTHENING FOR CHILDREN

Children having difficulty developing movement often have weakness in one or more of the muscle groups around their trunk or pelvis.

SHOULDER STRENGTHENING

Leaning on Arms

A) While Lying on Stomach

- While lying on stomach (watching T.V. or playing games)
- Child props up torso by resting on forearms and elbows



Leaning on Arms

B) While sitting up

- While sitting on bum
- Child can strengthen shoulders by placing hands behind body; supporting an upright position
- This is another good way to have your child strengthen their arms while watching T.V.



Walking on Arms

A) Wheelbarrow

- Hold child at hips, keeping his legs close to being level with the floor
- Allow them to "walk" forward using arms



Walking on Arms

B) Crawling or Climbing

- Crawling on uneven and/or elevated surfaces can help strengthen shoulder muscles
- Outdoor climbers
- Make indoor obstacle courses



Pushing or Carrying Heavy Things

- A rolling or stationary object; approximately at the child's chest level
- Object acts as resistance and helps strengthen shoulders and chest
- Non-wheeled storage containers filled with heavy items such as bags of rice, etc., make a good object to push



SHOULDER STRENGTHENING CONTINUED...

Monkey Bars

- Swing along and or pulling self up



Writing on a Vertical Surface

- Writing on a chalkboard or easel



STOMACH STRENGTHENING

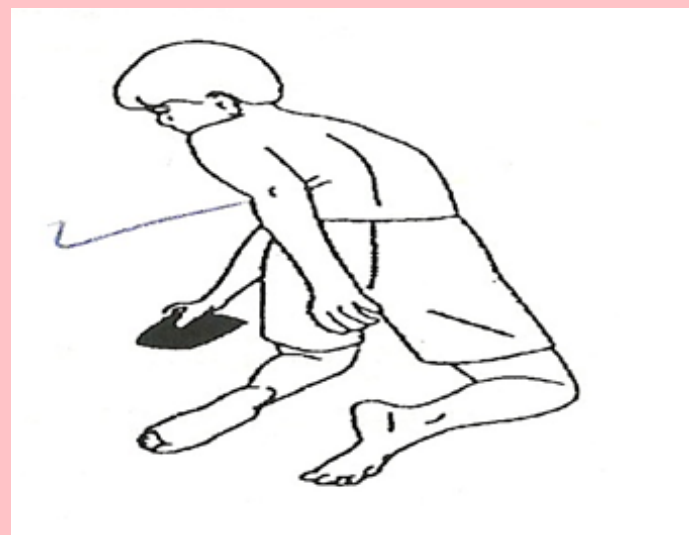
Twisting to the side to Pick Up Toys

- Twisting side to side engages abdominal and oblique muscles

A) Sitting Down



B) Or Kneeling



Climbing Ladders & High Furniture



Pass a Ball from Hands to Feet

- Lie with back on floor
- Pass a ball from hands to feet, feet to hands
- Or throw the ball overhead

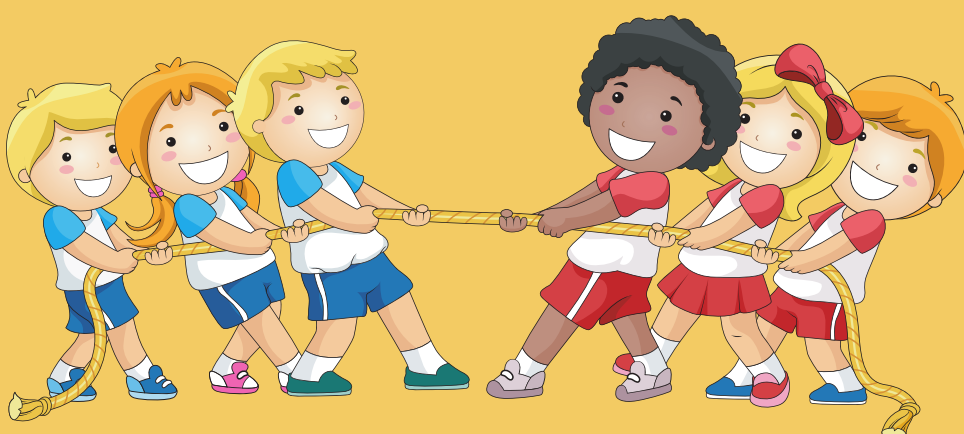


Roly-Poly

- Lying on back curl up into a ball position, wrapping arms around knees
- Roll from side-to-side
- Rock forward and backward from sitting to lying and back to sitting without letting go of legs



Tug of War



STOMACH STRENGTHENING CONTINUED...

Crab Walk

- From a sitting position lift body off floor with straight arms and bent legs
- Walk like a crab for increasing distances; through a simple obstacle course
- Try and balance a ball or stuffed toy on tummy



Balancing on One Foot



BACK MUSCLE STRENGTHENING

Airplane

- Lie with stomach on floor
- Raise head, arms and chest off floor and hold, increase to 30 seconds then release; repeat



"Bird-Dogging"

- Raise opposite leg and arm
- Keep torso parallel to the ground, do not let lower back sag
- Repeat 5 times on one side, rest, switch sides
- Do more if you can



Swinging

- Lie on tummy on a swing, suspended tire or inner tube
- Swing using legs and arms
- Incorporate aiming, throwing and hitting activities



Scooter Board

- Lie with tummy on scooter
- Push off from wall using hands or feet
- Propel forward, backwards, sideways or in a circle
- Propel through an obstacle course, or pull self along a rope

