

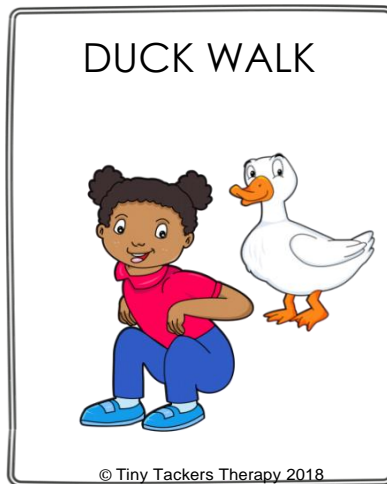
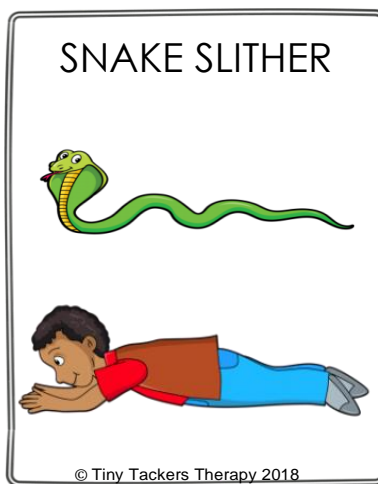
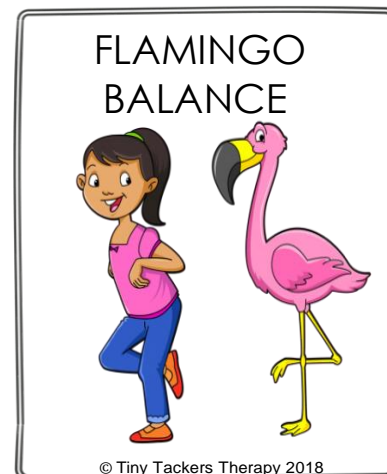
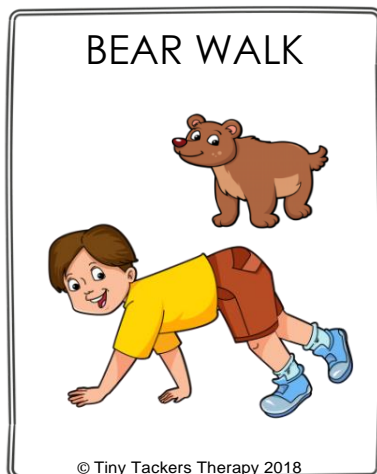
Core – Different Ways to Move

Core stability is the development of the hips/pelvis and trunk muscles that stabilize, align, and move the trunk of the body and create a stable base before we move. Building core stability is important for your child as it builds a strong foundation for many other functional skills such as balance, gross motor and fine motor skills, among others.

Different Ways to Move – these activities can be incorporated into races and obstacle courses (moving around/over/under obstacles). Try incorporating them into action songs, such as “Going on a Bear Hunt.”

Different Ways to Move

- **Animal Walks** – Quick and easy exercises that incorporate gross motor skills such as core strength, balance, crossing the midline and agility. The exercises resemble the animal that they are named after.



- **Commando Crawl** – with your stomach on the floor, use your arms and legs to move your body forward. Try crawling over piles of cushions or through a “tunnel” (under a chair or tunnel of couch cushions, etc)
- **Crawling** – practice crawling over piles of cushions and on other soft surfaces.
- **Knee walking** – practice walking forward, backward or sideways on your knees. This activity helps to strengthen the muscles around the pelvis and hips, which are essential for good balance.
- **Wheelbarrow walk** – hold your child at the thighs or knees while he/she walks. Watch for a sagging back or excessive bending at the hips – this means the core muscles are tired. If your child does well and doesn't show these signs of fatigue, you can begin to hold the legs at the shins, and then the ankles.

Recreational Activities

- Swimming – kicking, splashing, treading, running in the water
- Climbing ladders, up a slide instead of sliding down
- Swinging
- Walking over unstable surfaces
- Negotiating an obstacle course
- Balancing on curbs, around the perimeter of the sandbox
- Running in sand
- Playing tug of war

** Please ensure that you are following the recommendations on each activity for maintaining alignment to maximize the benefit and prevent injury. Always make sure that when your child is completing ANY of these exercises that they are breathing! Breath holding allows your child to compensate and not use the crucial core muscles that these exercises target. Activities that ensure your child is not breath holding include **singing a song, counting out loud, naming animals and making sounds, naming color/shapes/etc.***