

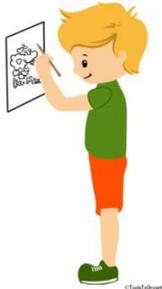
Core – Positions for Play

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 Positions for Play

<p>Lay on Stomach (Prone) (propped on elbows) this can be used while reading a book or playing with toys on the floor. It helps to strengthen the muscles of the back and shoulders.</p>	<p>PRONE</p> 
<p>Superman/Super-Woman (Prone Extension) Lie on your stomach and lift arms and legs (keeping elbows and knees as straight as possible). Try lying on a pillow or scooter board and lifting the arms and upper body to toss a stuffed animal back and forth (don't worry as much about the legs for this activity)</p>	<p>PRONE EXTENSION</p> 
<p>Bridging Lie on your back with knees bent so feet are flat on the floor. Push through your feet to lift your hips off the floor, creating a "bridge." Try driving cars or walking animals under or over the bridge to encourage your child to maintain this position for different lengths of time.</p>	<p>BRIDGING</p> 
<p>Side Lying Elbow under shoulder and legs stacked on top of each other.</p>	<p>SIDELYING</p> 
<p>Side Sitting Strive to have child free both hands free to manipulate object at midline.</p>	<p>SIDE SIT</p> 

<p>Cross-legged Legs bent at knees and tucked in as far as comfortable. Trunk in upright position.</p>	<p>CROSS-LEGGED</p> 
<p>Long Leg Sitting This position can help lengthen the hamstrings; a muscle that often tightens as children over-use to stabilize. Strive to have child free both hands to manipulate an object at midline. This position also provides a chance to develop balance by narrowing the child's base of support.</p>	<p>LONG LEG SITTING</p> 
<p>4 Point Kneeling (Quadruped) On hands and knees with knees directly under hips and hands directly under shoulders, keep head up and looking forward.</p>	<p>4-POINT QUADRUPED</p> 
<p>2 Point Kneeling (Quadruped) Donkey Kicks- raise one leg into extension, then flex/extend knee so as to kick. Two Point- Maintain one arm & one leg in full extension</p>	<p>2-POINT QUADRUPED</p> 
<p>High/Tall Kneel (ie. Standing on knees, hips over knees) this activity can be incorporated into games/crafts/etc at a low table or while playing catch.</p>	<p>TALL KNEEL</p> 

<p>Half Kneel (ie. One knee down on the ground, the other knee up) – this is typically how you would move to stand from the floor) – try maintaining this position while playing catch or playing at a low table. This position helps to strengthen muscles around the hips/pelvis to help with balance</p>	<p>ONE-HALF KNEEL</p> 
<p>Squat Squatting provides opportunity for developing hip stability and balance.</p>	<p>SQUAT</p> 
<p>Standing Stand while using hands to complete tasks placed on vertical surface.</p>	<p>STANDING</p> 
<p>Bench Sitting To help with postural control have your child sit on a stable and solid bench, stool or step (with no back support). Ensure both feet are supported on the floor.</p>	<p>BENCH-SIT</p> 

** 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.***