



# Children's Treatment Network

*Building Brighter Futures Together*

## Developing Core Strength & Stability Skills

Core strength allows everyone to sit and stand straight without assistance. When stomach and back muscles are strong, the arms and legs can easily move and when a child has poor core strength, he/she is likely to slouch, lean against things, get tired quickly and have difficulty with putting movements together. Here are some tips:

### IF YOU SEE

Child lays head on arm or desk when working.

### TRY THIS

- Make sure that the chair and desk are appropriate sizes for the child (feet touching the floor or are on a foot rest).
- Place a cushion on the seat or have child sit on a therapy ball.
- Stand holding a clipboard or use a taller desk as a standing desk.
- Child can lie on stomach propped up on forearms.

### IF YOU SEE

Child lies on floor, furniture or on peers during floor activities.

### TRY THIS

- Have the child sit with back against the wall.
- Give visual boundaries on the floor (tape a spot out or use a small mat, cushion, or piece of carpet) and ask child to stay in that space.
- Let child sit in a low chair.

### Core strengthening activities

- Yoga poses (table, bridge, superman, plank) and animal walks.
- Playing freeze dance.
- Activities laying on the floor (on the stomach) propped on forearms.
- Chair/wall push ups.
- Community activities like swimming, martial arts, gymnastics, etc.

### Online resources:

[An OT Mom](#)  
[The Inspired Treehouse](#)  
[Starfish Therapies](#)  
[Therapy Street for Kids](#)



For more information visit [Health Harvard](#).

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