



Occupational therapy
with
Kate Powell



OTT - Occupational Therapist Tip

by Kate Powell

A few home ideas to help improve your child's core strength:

- Animal walks visit <https://youtu.be/IyU-O6F8-Js?feature=shared>
- Wheelbarrow walks
- Use of an air cushion that gives some movement when a child is seated. I like the move n sit cushion. See visual below
- Use a space hopper. After a while of getting used to the fun part of bouncing on the hopper (which helps with core strength), let your child sit on that whilst reading or doing activities.
- Lying down on stomach propping upper body up on elbows (no head in hands). Do it with your child, you will see the benefit on your back too!
- Crab position football or balloon kick. See visual below.
- Use of playground equipment including climbing, swings, monkey bars.

Please visit my website for reasons why core strength is so important. There is a video link that explains how lack of core strength can take mental energy from academic tasks.



Contact me:



www.otwithkp.com



91348974



Kate.powell.ot@gmail.com

