

Core Strength & Shoulder Stability

Core strength refers to the development of our trunk muscles and is vitally important in your child's development. Having good core strength enables your child to control their movements and maintain an upright posture when seated. Good shoulder stability enables your child to coordinate their arms and hands for tasks such as writing & using cutlery.

Activities to promote core strength & shoulder stability include:

- Superman pose



- Football pose



- Swimming
- Chin up bar on door frame – complete static hold arms extended or chin ups if able
- Commando Plank



- Bridging



- Rotating Crunches



- Side Plank (can bend knees)



- Using gym ball or peanut roll encourage your child to weight bear on hands with straight arms, play with beanbags or hold statically (supervise closely)



<https://www.pinterest.co.uk/funspot123/gross-motor-activities/core-shoulder-strength/>

