

# Core Strength

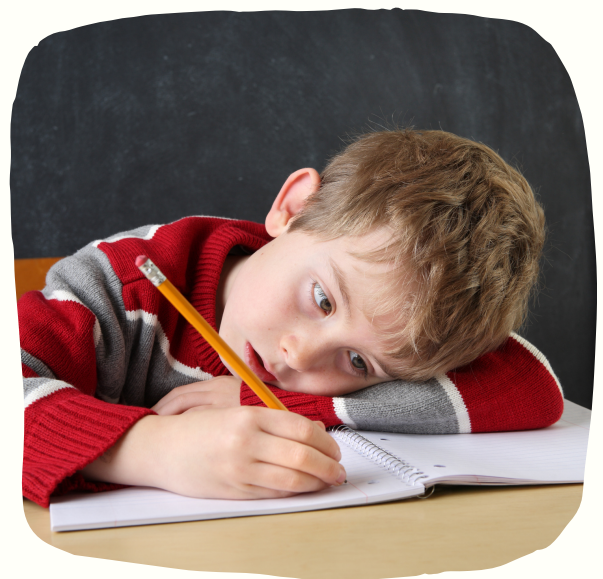


## What Is It?

Core strength is the foundation for development and consists of the abdomen, pelvis, and back muscles. The core helps to maintain upright posture and balance during gross motor activities such as sitting, walking, running, and climbing. Core strength also supports performance of fine and visual motor activities including drawing, writing, cutting, and lacing.

## Signs of Core Weakness

- Slouching
- Leaning on furniture/walls
- Getting fatigued easily
- Difficulty using playground equipment
- Difficulty getting off the ground
- Frequent tripping and falling
- W-sitting position



# Core Strengthening Activities for Home

- Lying on stomach propped on elbows while doing homework, watching TV, or playing games
- Sitting on a yoga ball at the table
- Obstacle course while crawling and walking over pillows
- Animal walks such as bear, crab, frog, etc.
- Yoga poses
- Picking up small items with one foot and placing it in a basket/container
- Pushing a heavy basket around the house
- Tossing a ball with both feet while in a seated position
- Pillow fights or sword fights while balancing on couch cushions
- Magic Carpet Ride: pull your child around the house while they are seated on a sheet/blanket

## Core Strengthening Toys and Games



**If you have concerns about your child's development please reach out to your health provider.**

