

Postural Stability

Strategies to try:

- Encourage your child to hold different positions against gravity, e.g. curling up like a ball on their back, or flying like superman on their tummy.
- Games that involve weight bearing through upper limbs, e.g. animal walks such as frog jumps, bunny hops, wheelbarrows (walking on hands while adult carries child's legs).
- Rocking and swinging - on rocking toys, chairs, hammocks, swings, seesaws.
- Encourage your child to be as active as possible inside and outside, e.g. soft play, walking, play parks, trampoline parks, swimming, cycling.
- Working above shoulder level will help to develop postural and shoulder stability, e.g. at easel or on blackboard.

This is the ability to keep your body stable when sitting, standing and moving. Once you have stable posture your arms and legs can move to work independently without losing the initial balance/position. This requires the muscles in the trunk (core) to work together.

The body is like a tree! You need a strong trunk to support your branches!



- Lying on tummy, e.g. to watch TV or play on the floor.
- Rolling over - on the floor or down a grassy bank.
- Commando crawling.
- Sitting on the floor try movement to music or pushing and pulling games like 'row row row your boat' or tug of war.
- Sit and ride toys with feet on floor, e.g. rocking horse, car.
- Kneeling on all fours to play, e.g. with cars, trains, puzzles.
- Crawling through tunnels, cardboard boxes, under tables and furniture.
- High kneeling with support at low table or sofa.
- High kneeling without support to throw and catch a balloon or large beach ball.
- Moving around in high kneeling, pushing large toys, boxes or furniture around.
- Rise from the floor, initially with support from a surface and then without using hands.
- Movement and dancing to songs, e.g. musical statues.
- Any kind of bouncing or jumping on trampolines, bean bags, space hoppers, sitting on something wobbly while watching TV or playing computer games.

