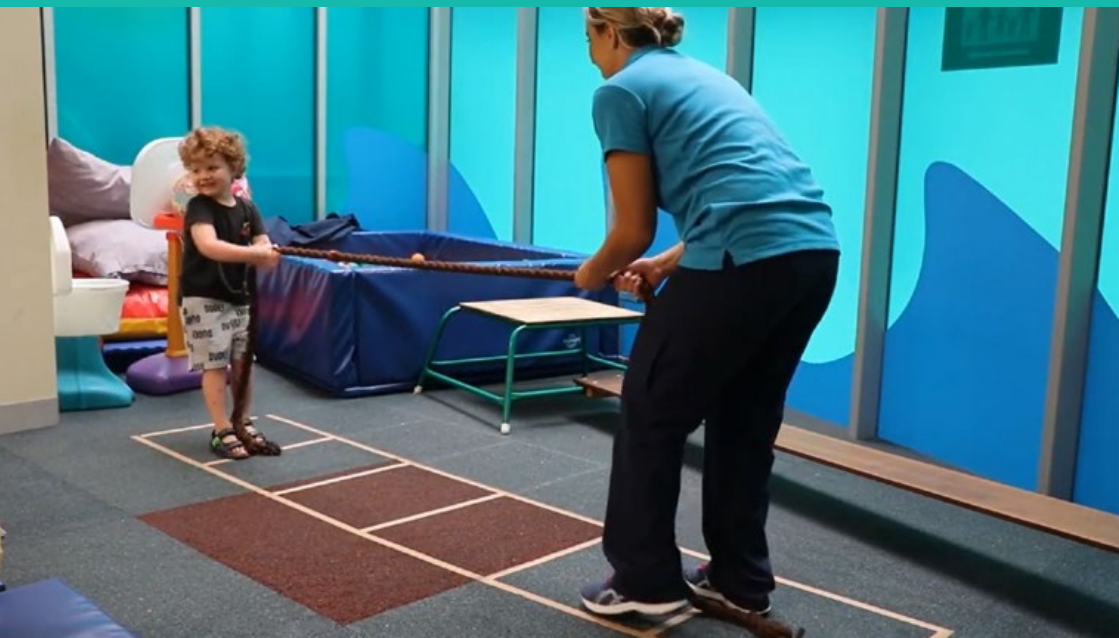


Core and Shoulder Muscle Stability for Children



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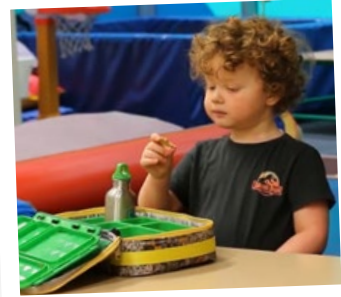


Health
Central Coast
Local Health District

Core muscles are muscles around the stomach, back and hips. These muscles keep the body upright.



Having strong core muscles helps children to sit well at a desk so they can use their hands for 'fine motor tasks' such as drawing, writing, cutting and many daily tasks like eating.






The shoulder has four muscles that work together to keep it stable. Having a stable shoulder helps children to draw, write and cut more accurately.

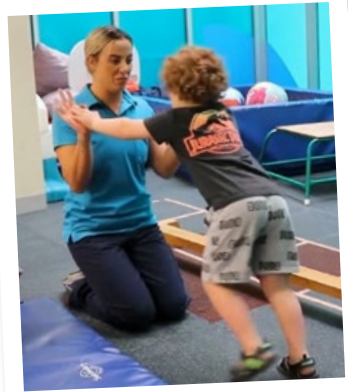




Core and shoulder stability can be achieved and improved by playing:

- on playground equipment such as climbing frames, ladders and monkey bars
- ball games such as throwing and catching a large ball
- bat and ball games such as tennis or cricket

Other activities that can help

- Stand or kneel opposite your child and place the palms of your hands against your child's hands. Try pushing each other over. 
- Push and pull a wheelbarrow, pram or trolley (slowly add more weight to be pushed or pulled)
- Play tug-of-war with your child
- Draw, write or paint on a vertical surface such as a blackboard, easel, or piece of paper taped to a wall or a fence.
- Try 'crab walks' (see photo) 
- Wheelbarrow walking (see photo)
Hold your child at the hips or knees while they walk on their hands. When they are strong enough, hold both ankles. 



- Balancing or planking on an exercise ball (see photo) 
- Playing Twister®
- Crawling obstacle courses
- Making bridges (see photo) 



*Keep knees and feet together while lifting buttocks off the ground.
Hold the bridge position for a few seconds.*

- Helping in the garden – digging, raking leaves, carrying soil or water in a bucket
- Cooking – mixing, kneading or use a rolling pin
- Brushing and washing hair