

GET OUT OF THAT CHAIR

ENCOURAGE YOUR CHILD TO ASSUME DIFFERENT POSITIONS

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PRONE ON FOREARMS

Prone on forearms builds strength through a child's neck, back, and shoulders.



«« 1/2 KNEEL

1/2 Kneel increases core strength and improves hip stability. Also prepares body for single limb stance.



«« SQUAT

Playing in a squatted position works on balance and stretches a child's heel cord musculature.

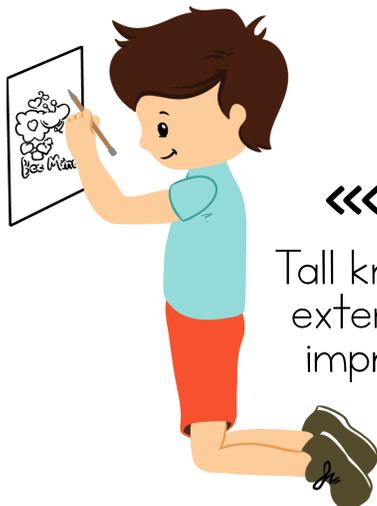


LONG LEG SITTING

Long sit stretches a child's hamstring musculature and works on balance

SIDE SIT »»

Side sit encourages rotation through the trunk, weight shifting, and crossing midline.



«« TALL KNEEL

Tall kneel strengthens hip extensors and works to improve core stability.



2-POINT QUADRUPED

Hands and knees or 2-point quadruped works on core strength, hip and shoulder stability, weight shifting, and balance