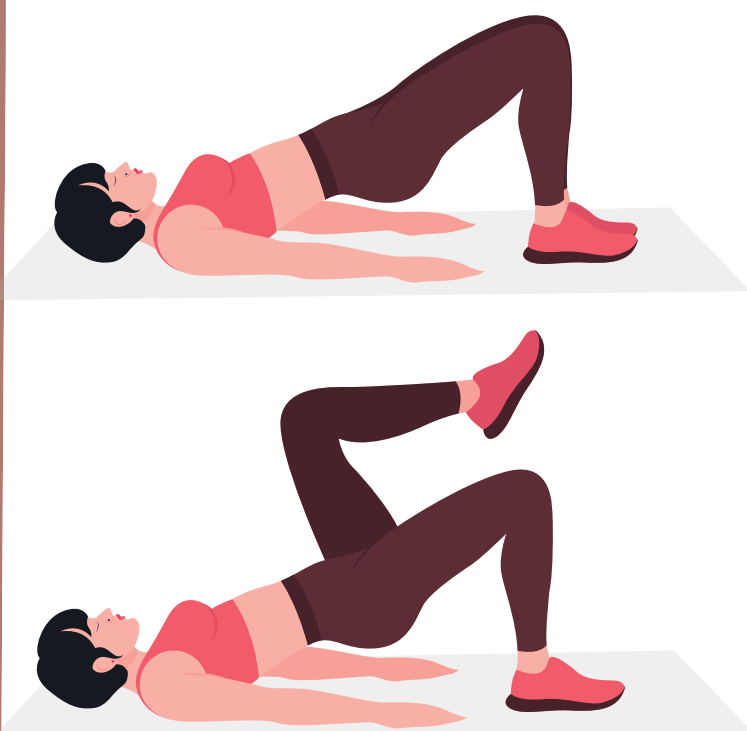


# OT TIP OF THE WEEK



## Core Strength and Focus

- Core strength isn't just about sit-ups— the stability of the body directly supports a child's attention and focus.
- The core muscles (tummy, back, sides, hips) help children keep their bodies steady so the brain has more capacity to focus on learning.

## Look out for...

- Slouching, leaning, or wrapping around furniture
  - Constant fidgeting or movement
  - Frequent position changes
  - Reduced attention to tasks
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- **Ways to work on core stability that aren't simply exercises - Think little and often!**
  - Work or tasks on the tummy
  - Wiping the board or writing on the board
  - Sitting on a wobble cushion, stool or therapy ball
  - Sitting cross-legged or high kneeling