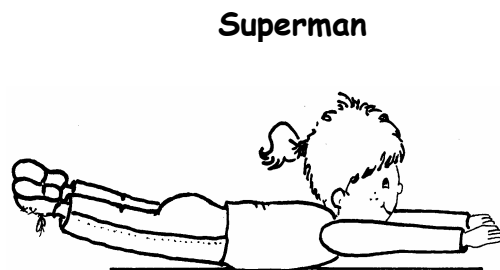
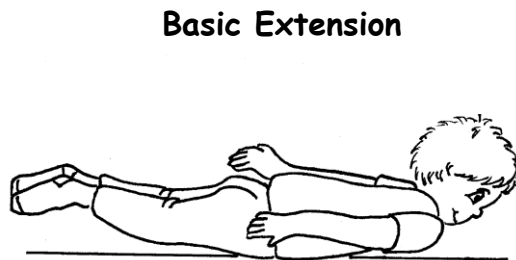
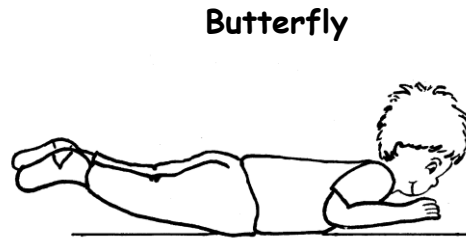
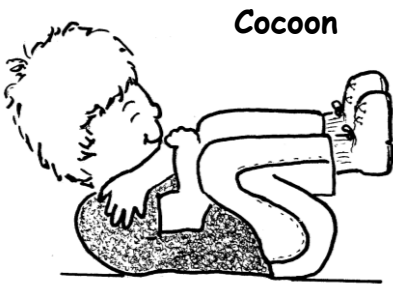


Does Your Child Have Difficulty Focusing???

The ability to sit upright and focus in class is deeply tied to postural strength. Wiggly children often have balance problems that stem from weak postural muscles. Children improve their postural muscles and endurance for seat work by doing *Cocoons* and *Extensions*. Modern civilization gives too little opportunity for postural development and the results are seen in the weak posture, poor motor skills, and lack of rhythm of today's children. The more your child plays outside and the less they watch TV/play video games, the stronger these muscles will be.

For stable postural muscles, the muscles in front must be as strong as the back muscles. They must both work with equal strength to maintain the trunk and allow the child to write erect and defy gravity. This anchors the shoulder and arm movement. Stable shoulder muscles allow the hand to grasp from a stable base. The muscles all along the spine must be well developed to allow for arm movement across the midline of the body without leaning in the direction of the arm movement.

Have your child try these exercises at home and build up to holding them for 20 seconds. Have FUN!!!



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