



Postural Control

Postural control is the ability to maintain a stable body position whilst sitting or standing. Once this has been achieved, one or more of the limbs can be moved to work independently without losing the initial balance/position. This requires the muscles in the body to work together to keep an upright position, and requires muscle and joint strength.

Helpful Strategies

- Ensure the child's desk and chair are at the correct height. Your child's feet should be flat on the floor, his knees and hips at 90° angle with his back straight and shoulders relaxed when forearms are resting on the desktop.
- Change body positions during an activity, including kneeling at a low desk, and propping upper body up on elbows when lying on stomach.
- Allow your child to determine the pace of a physically demanding activity.
- The child may benefit from using a large therapy/exercise ball, they could be encouraged to sit on it whilst watching television or playing on the computer.



Activities

- Activities where they have to reach above their head, can be incorporated into helping with jobs around the home, (e.g. hanging out washing, putting shopping into cupboards) or games and activities (e.g. basketball, volleyball).
- Swimming – this is one of the best activities for improving shoulder stability and control as well as body awareness and strength.
- Siamese Twins - Two children stand back to back with a ball between them. They must walk around and perform different tasks e.g. bend down and pick something

up, without letting the ball fall to the ground.

- Push Me Over - Two children kneel opposite each other and try to push each other over.
- Knee Walking - Child walks on knees while holding onto ankles.
- Wheelbarrows - Hold the child higher up the legs if they have poor control. Count the number of steps or measure the distance (e.g. door to lounge), so they try to beat that next time.
- Bicycle - Lie down on back and raise legs above head making bicycle movements with legs.
- Animal Walks – e.g. elephant walk - bending at waist and hanging arms. Also try crab walk, frog leaps and bunny hops, and make some new ones up.
- Tug-of-War
- Walking on Stilts, Hopscotch, Twister
- Trampoline Jumping
- Statues - Players start on starting line with one person as "IT" standing out front. Players creep up behind "IT", but must stand still like statues when "IT" quickly looks around. Any player that "IT" sees moving must go back to the starting line. First player to touch "IT" then becomes the new "IT" and the game begins again.
- Freeze - Players move around to music (e.g. hopping, skipping, jumping, walking on tiptoes, giant step etc). When music stops, players must freeze in whatever position they are in. If a player overbalances, it is his/her turn to assist adult with the music and spot next player to overbalance.