Physical Activity of the Week- “Back to the basics”

This week for PT activity of the week we would like to have everyone work on simple floor time play. It is very important and we often don’t spend enough time as children on the floor in play.

“Tummy time” is crucial to developing head control, shoulder stability, visual skills and the ability to use the arms together and in isolation to reach for toys. Sometimes our kids do not have these basic skills before they move on to upright positions and walking. So spend some time working on puzzles, coloring, reading or racing cars on your stomach with your child. It’s never too late!

1. Animal walks or poses: Pretend to "walk" or just pose like your favorite animal! A bear, dog, cat, seal etc. Technically you are off of your tummy, but the core is getting a workout by being in an antigravity position similar to tummy time.

2. Puzzles on the floor, or blocks- Lay on your tummy for a closer view of the pieces and a quick workout!

3. Coloring on the floor. This is even more fun with a really large piece of paper because your child will have to move/wriggle/pivot, while on their tummy, to get to different parts of the paper.

4. Instead of watching their favorite TV show sitting on the couch, encourage your child to lay on their tummy and looks up for a period of time easily tolerated (5-10 minutes).

5. At the playground: Encourage your child to swing on the sling swings on her tummy instead of sitting upright

6. Airplane: Lift your child up in the air for an airplane ride! (Position: Tummy facing down, back is up.) It’s a great arm workout for you as well! As always, please keep safety first. If your child is too heavy for you to lift, then this is not the activity for you.

7. Scooter board on tummy. Instead of scooting on their tushy, smaller children can propel themselves with their tummy/trunk on the scooter.