

Does Your Child Have a Strength or Coordination Issue?

ARE THEY...

1. Not keeping up with their peers?
2. Avoiding playground and other physical activities?
3. Preferring sit down and computer games rather than doing active play?

Here are 5 Simple but effective things to do at home for your child.

- 1- Start doing fun strengthening/coordination exercises with your child. For examples and videos go to our website at developmentalsteps.com. Click on "videos"
- 2- Get your child more active. Organize a simple outdoor activity (such as tag, etc.).
- 3- Make exercise fun! Have them do animal movements! Bear walk, Crab walk, etc.
- 4- Even if it is a rainy day, organize an active play session and create an obstacle course in your living room, etc.
- 5- PUT DOWN THE DEVICE!! Both you and your child!!

Be WARY of this...

If a child is allowed to continue avoiding physical activity, it can have a detrimental affect on their confidence, self-esteem, future attention in class, and emotional development. The problems can become much more far-reaching.

3 things you should never do when helping your child develop:

- 1- Avoid making excuses for them (ie. "They're just tired today.", etc.)
- 2- If you are concerned than do something about it (even if your doctor says he/she will grow out of it).
- 3- Don't allow your child to get frustrated. Because you will get frustrated as well!

