

# PLAY POSITIONS

Here are some developmental positions to try when your child is playing to grow their strength & independence. For all ages!

## TUMMY TIME

You might have heard that babies need tummy time. Well, it's not just for them! It's great for all kids. Laying on your stomach helps strengthen your core, arms, and neck muscles to improve posture. This can be done on a swing, the floor, or even laying on the couch.



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## TALL KNEELING

This position is similar to standing up but it's just on your knees! It helps your child build strong legs and improves their hip stability. They can also have fun while tall kneeling by drawing or coloring a picture or playing with magnets on the fridge. A pillow can be used under their knees to keep them comfortable!



## TABLE TOP KNEEELING

Have you seen kids play on all fours like they're animals? That's tabletop kneeling! It's great for improving hand and arm strength, coordination, and balance. They can enjoy building cool towers with blocks or playing a game while in this position. You can also use a pillow or rolled-up towel to support them in this position.



REFERENCES

