



# Postural Control

## What is it?

Postural control is the ability to sit up straight without support. It is important so that we can move our legs and arms smoothly. We use our trunk or core muscles to support the stomach, neck and back to assume and maintain postural control. Difficulties with postural control make it hard for a child to do desktop work, such as writing and craft, as they need to put all their attention into making sure they do not slide or fall off the chair.

## How to develop it

- Bouncing on a trampoline
- Swimming
- Wheelbarrow Walks
- Monkey bars
- Pushing things (eg wheelbarrow, pram, box)
- Bat and ball games
- Tug of war
- Playdough
- Animal walks – frog, crab, bear
- Cooking – stirring, mashing, peeling, grating
- Twister
- Drawing on chalkboard or concrete
- Bouncing on a gym ball
- Playgrounds – climbing, swinging, sliding
- Balloon tennis
- Digging in the garden or sandpit

### Jump Up for Kids

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