

HealthPoint

Rehabilitation Services • Health and Wellness

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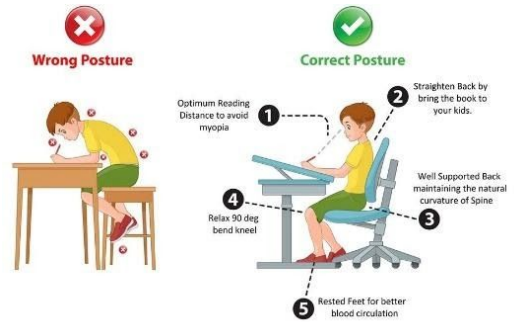
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Homework Positioning

By this time, you have probably been on lock down with your kids trying to force them to get all of their homework, chores and other tasks completed without driving each other crazy! One of the most challenging parts is trying to get your kids to sit still long enough to do all of the assignments that are due in the next few weeks. Lucky for you, below we have provided ideas on different seating positions that work on your child's core and leg strength, balance, proprioception (knowing where your body is in space) and range of motion while keeping them attended to a task.

1) Proper Sitting Posture in Chair at Desk or Table:

- Make sure that your child is sitting up tall with their feet firmly planted on the ground.
- Head and shoulders should be back.
- Wrist and hands should be gently resting on the table and ready to write.
- ★ For increased sensory input and work on core strengthening more add a wobble disc or foam pad to your child's chair.
- ★ Instead of a chair try using a yoga ball to really challenge your child's core and trunk muscles.



2) Tall Kneel and Half Kneel Position:



- Tall kneeling is a good way to challenge your child in the vertical position. You will need tape, a magnet or clip to hang the assignment on the wall so your child can work in a kneeling position while maintaining upright trunk posture. Tall

kneeling is a great way to work on strengthening and stability of the core, hips, pelvis and trunk. It is also a good way to stretch hip flexors if that muscle group is tight.

- Half kneeling is a little more challenging position but is still a great way to work on all of the muscle groups addressed with tall kneeling and stretch even more if the motion is available.
- ★ Try having your child complete these kneeling positions on a wobble disc or balance foam to make these positions even more challenging!

3) Prone Prop Position:



- Prone prop position is a good way to work on shoulder stability, trunk strengthening and trunk control. It can also help to increase range of motion in the low back.
- ★ Challenge your kids by having them lay on the wobble disc or therapy ball while in this position

4) Cross Sitting, Side Sitting & Long Sitting



- Cross sitting on the ground works on hip flexibility, sitting balance, trunk control and core strengthening. Challenge their balance by having them reach for items outside of their reaching range to promote weight shifting and returning to original position.
- Side sitting works on core strength and shoulder stability on the weight bearing side. This position allows children to cross midline reaching with their free hand.

- Long sitting helps increase core strength and spinal stability by sitting in an upright position. This position also provides a stretch to the back of your child's legs.
- ★ It is important to give your child verbal cues or physical cues by tapping on their back to sit more upright in these positions for maximum strength gains!

5) Standing



- If your child gets antsy from the sitting positions, try having them complete their work while standing. Standing is good for loading the joints and working on stabilization of the joints and muscles.
- ★ Challenge your child's standing balance by having them hold a modified single leg stance with one foot propped on an elevated surface while the other foot remains in contact with the ground.
- ★ Create even more of a challenge by having your child stand with one or both feet on a wobble disc, pillow or foam pad which provide unstable surfaces making your child's muscles, especially those that provide ankle stability, work more.



As you can see, there are many different functional positions that you can have your child in while doing their homework or other tasks around the house that can help to build their strength and stability! Give some of these a try and see what works best for your child. If you are interested in purchasing a wobble disc, balance foam or yoga ball we have attached links of some of our favorite equipment.

Therapy Ball: <https://www.amazon.com/Gaiam-Kids-Balance-Ball-Satisfaction>

Balance Foam: <https://www.amazon.com/Yes4All-Balance-Pad-Large-Exercise>

Wobble Disc: <https://www.amazon.com/Trideer-Inflated-Stability-Elementary-Classroom/>

