



Quesnel & District

CHILD DEVELOPMENT CENTRE

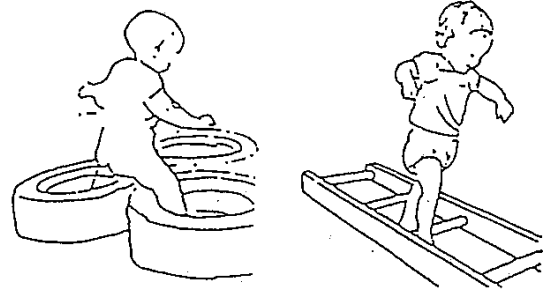
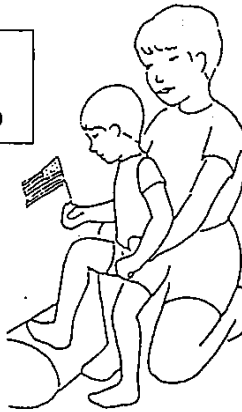
BALANCING ON ONE LEG

The ability to shift weight on to one leg, control trunk and hip position and keep body balanced is an important part of:

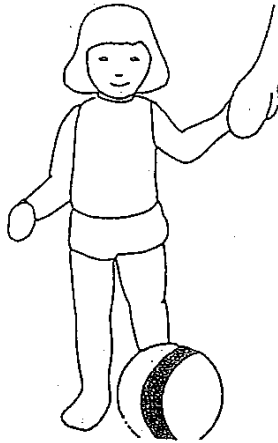
- ✚ mature walking and running
- ✚ climbing up and down steps and stairs
- ✚ dressing one's self
- ✚ participation in many sporting activities

HELPFUL ACTIVITIES:

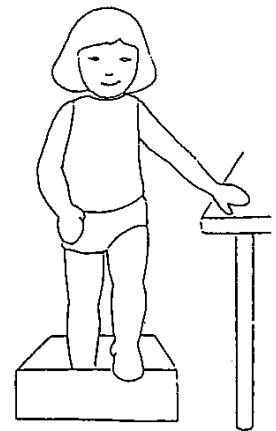
Play with one foot placed on a stool, cushion or your lap



Practice stepping over obstacles
If necessary hold your child's hand loosely but don't balance for him or take any weight



Practice kicking a variety of objects. An object that moves slowly demands more balance and control. Try balls, boxes or paper bags stuffed with paper.



Physiotherapy Program

3rd Floor 488 McLean St., Quesnel, BC V2J 2P2 Ph: 250-992-2481 Fax: 250-992-3439

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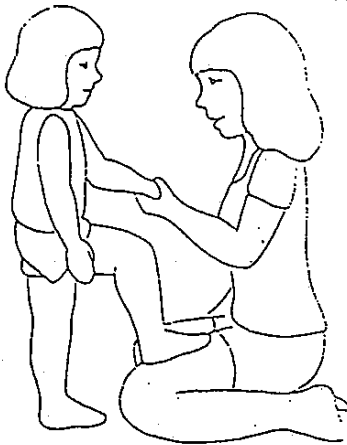


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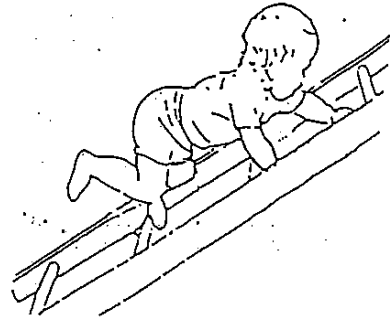
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BALANCING ON ONE LEG

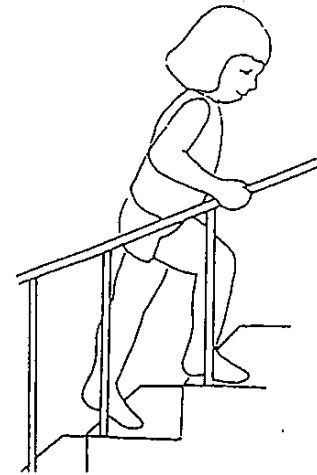
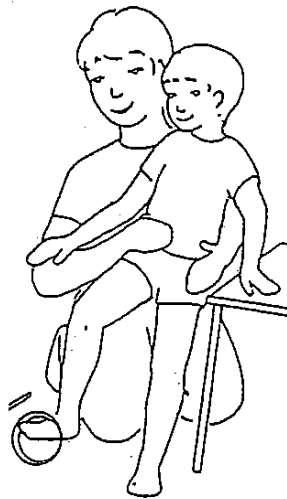
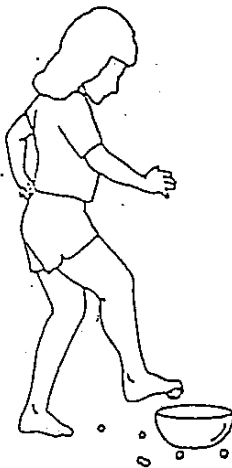
Dress your child
in standing



Climbing the ladder on a slide
or climbing frame helps each leg
strengthen and work independently



Pick up objects
with toes or feet



Practice on stairs alternating legs
with hand support if necessary.
If there are no stairs in your home
try using cushions, phone books
or stepping stools to step on.

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