SIMPLE CORE STRENGTHENING

Here are some play ideas to help little ones build a strong core (tummy):



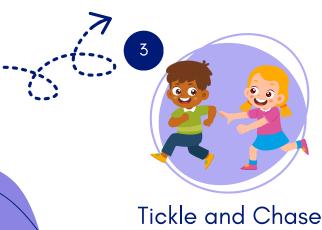
Heavy Helper

Pick up and carry heavy items like backpacks, milk jugs.



Magic Carpet

Have your child sit on a blanket/sheet/towel and use the blanket to pull them around the house.



Be the tickle monster and chase your child around the house.



Bulldozer

Push or pull a full laundry basket or big box.