

## Home Exercises and Activities from the OT/PT Department #12



### **Core Strengthening:**

While on hands and knees, have your child lift one leg and the opposite hand. Hold this position for 10-30 seconds.



**Hand Strengthening:** Make a hand strengthening toy at home with an old tennis ball or racquetball by cutting a slit into it. Squeeze with one hand to open the slit and feed toys or coins into the “mouth” with the other hand.