

Balancing

Make sure children:

- have their head upright and looking forward;
- keep their eyes looking at a fixed spot;
- have a strong, solid posture;
- plant the fixed point (e.g. the foot if they are balancing on one foot) into the floor or the surface they are balancing on;
- hold their balance for at least 5 seconds.

Support children if you see them:

- moving their head from side to side or up and down;
- moving their fixed point (e.g. their foot if balancing on one leg);
- moving their arms up and down to try to help them balance;
- making their bodies floppy.

