

# A SURPRISING CAUSE OF ATTENTION PROBLEMS: WEAK CORE MUSCLES

What does core strength have to do with attention?

1 || When kids don't have good core muscle endurance, they struggle with sitting in one position for extended periods of time. This means that they may move and fidget excessively.

2 || Kids with weak core muscles have to pay so much attention to maintaining functional upright posture that they don't have enough focus left for academic tasks.

3 || Since they are working so hard on maintaining good posture, kids often become frustrated and agitated when presented with seemingly simple tasks and activities

4 || When kids don't have "proximal stability" (a strong core), they often struggle with tasks that require fine motor coordination like handwriting, working with manipulatives for math, or cutting with scissors. This may translate to having poor attention to these tasks.

5 || A weak core means poor posture and having poor posture makes it difficult to visually attend to tasks.

6 || Kids with weak core muscles often avoid and have difficulty attending to whole body movement activities (climbing, jumping, team sports) because they are simply too challenging.