3-6 years
Article

Swinging Time

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Swinging strengthens your child’s core and helps with the development of balance.

Swinging strengthens your child’s core and helps with the development of balance. It’s a simple activity that your child loves and that is also great for him. Here are a few reasons why you should let your child swing away.

- The rocking motion of swinging stimulates the cerebral cortex, helping him to focus.
- Swinging provides help with sensory integration, which will serve as a foundation for more complex learning and behavior later on.
- Swinging has a calming effect on kids.
- Swinging encourages social interaction and builds his social skills.
- As he swings, his perceptual skills are developing, a useful tool for the coming years.
- By swinging, your child learns to grasp spatial awareness, as he looks around while suspended.
- Your child’s gross motor skills develop every time he swings, as he pumps his legs, jumps, and runs.
- His fine motor skills are also being worked on, as he develops his grip strength, and the coordination between hand, arm, and fingers.
- Twisting on a swing can also help to improve his spatial awareness, as well as his rhythm, balance, and muscle control.

Reference:

http://activity-mom.com/2014/04/01/swinging-important-for-kids/

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