



Bilateral Coordination

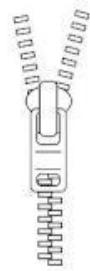
Bilateral coordination is the ability to use and coordinate movements of the legs and arms effectively in activities and use the two body sides together e.g. in ball games.

General advice

- Initially start with activities that require one hand to support or hold something while the other hand completes an action (e.g. holding a money box and posting coins).
- Then introduce activities that require two hands to do the same or different actions at the same time.
- If your child tends to forget to use their non-dominant hand provide gentle physical reminders (e.g. tap the hand) or a verbal prompt to use the hand to help.
- Break more complex activities down. E.g. using cutlery: demonstrate how to hold the knife/fork correctly, show them how to 'stab' with the fork and then 'saw' with the knife.

Activities

- Star jumps / scissor jumps and other jumping patterns i.e. hop, hop, jump/ clap, clap, jump
- Jumping rope or skipping
- Climbing a ladder / adventure playgrounds
- Walking on a balance beam
- Swimming
- Juggling
- Wheelbarrow walking
- Animal walks such as bear walks
- Ball games – throwing/catching
- Playing sports such as golf, tennis, and cricket (batting)
- Obstacle courses involving going under, over, through, sideways, between obstacles
- Twister-game
- Bike riding
- Body sequences i.e. clap hands and touch your head, stamp feet, clap hands, touch nose



Games/Toys

- Construction toys e.g. Lego
- Playdough (rolling, making models)
- Computer games: e.g. DS



Day-to-day activities

- Dressing: doing buttons, laces, zips
- Self-care including: washing and dressing
- Using cutlery
- Helping in the kitchen: stirring, washing up, using dust pan and brush
- Gardening: planting or weeding
- Cutting with scissors