

# Bilateral Coordination Activities

A Chance  
for life



Children with poor bilateral coordination skills (also called bilateral integration) may struggle with gross motor activities such as jumping, catching a ball or beating a drum with rhythm.

They may also struggle with fine motor tasks such as tying shoelaces, drawing a line with a ruler, threading beads, lacing, using a knife and fork together and scissor cutting as these all require both hands to work together well. As you can see, bilateral integration skills are vital for many areas of your child's life

**Catching a ball** is good for bilateral coordination.

Here is a great way to help your child practice **ball skills** without chasing after missed balls all day long: suspend a ball in a net as shown in the photos below, and your child can practice pushing and catching the ball without it getting away from him!

Use a net bag, the kind that you get fruit and veggies in. Pop a tennis ball in and knot it to a length of rope. The rope needs to be long enough to get the ball level with your child's chest. For younger children, use a larger plastic ball. Suspend the ball from any horizontal pole or even from a hook in a doorway.



Velcro glove games can be bought which making catching balls easier.



# Bilateral Coordination Activities

## Balloon Games

Set up a space with a couple of object to mark out a goal. Using a balloon get your child to be the goalie and as you bat the balloon towards him get him to catch it and save the goal.

## Slinky

Slinky Springs – shifting the hands just enough to get the sling to move back and forth between the hands is great fun and a good coordination challenge.



## Play dough

Encourage your child to roll large balls of play dough between the palms of his hands. This gets the two hands working together nicely. Use the balls to make the segmented body of a caterpillar.



Encourage your child to use both hands to roll play dough into sausages or if you have a rolling pin to roll it out flat in order to then cut shapes from it.

