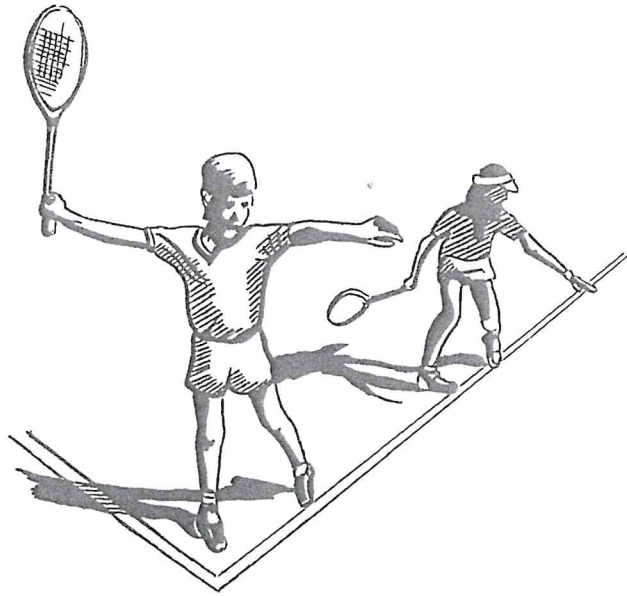


Activities to improve development of bilateral co-ordination



It is important to co-ordinate movements on both sides of the body so that functional two-handed tasks are easier e.g. throwing and catching a ball, cutting with scissors, using a knife and fork and threading beads.

- Jumping games, e.g. using a sequence of hoops or stepping stones described in previous section, child jumps with two feet together in a controlled manner.
- Ball games involving throwing, rolling and catching. Make sure the child uses two hands together in this. This activity can be graded by using a larger ball to start with and gradually decreasing size as skill improves.
- Stencils or templates – encourage child to hold the stencil with non-preferred hand when drawing around or doing a rubbing of the template.
- Pouring water or sand from one container to another (this can be played at bath time if the child enjoys it). Encourage him to hold arms out as straight as possible and increase distance between arms as skill improves.
- Cooking/baking activities, e.g. holding mixing bowl in one arm and stirring with spoon in other, rolling mixture with rolling pin or spreading soft margarine or spread on bread.
- Lacing or threading activities.
- Cutting out using scissors. Start with fringing, i.e. snip strips of paper to make grass for a collage, Christmas tree needles or frame for picture.
- Construction activities such as Lego, woodwork kits, construct-o-straws, etc. are all good bilateral activities. Encourage your child to follow the sequence of pictures to make the model to help planning and organisation skills also.