

# Bilateral coordination

## Home program

### What is bilateral coordination?

Bilateral means “both sides”. Bilateral coordination is using both sides of the body together in an activity. Many daily self-care and play activities require bilateral coordination skills.

### How can I help my child?

The following activities can help your child develop better bilateral coordination. **This home program should be used only under the guidance of an occupational or physical therapist.**

#### Fine motor (small muscle) activities

- Pop-beads or interlocking toys (Legos®) – pull apart and push together
- Lacing/sewing cards
- String beads onto laces, pipe cleaners, or dowels
- Shuffle and deal cards
- Carpentry (hammering, using screws, and bolts)

#### Gross motor (large muscle) activities

- Musical instruments such as cymbals, drums, triangle, and guitar
- Play catch with a large ball or dribble the ball with two hands
- Clapping activities and games (pat-a-cake, Itsy Bitsy Spider)
- Wheelbarrow or animal walks
- Scooterboard activities – use arms to propel self through an obstacle course or pull self forward

#### Activities of daily living

- Open jars and other containers with lids, and factory sealed food items.
- Open and close fasteners – buttons, zippers, belt buckles, and shoe laces
- Open toothpaste
- Put on socks and shoes

#### School activities

- Tear paper into strips and small pieces to make collages
- Color tiny pieces of paper (hold paper steady with one hand and color with the other)
- Use a ruler to make a calendar or graph
- Use a rotary pencil sharpener
- Cut with scissors

#### Community activities

- Swimming: splashing, kicking, pulling self along edge of pool using arms, and pulling self out of pool
- Outdoor playground activities such as climbing poles and ladders and swinging
- Riding a bike or scooter

#### Other:

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## Questions?

This home program is to be used only under the guidance of a physical or occupational therapist. If you have any problems with this home program, or any questions, please call your therapist in the Developmental and Rehabilitation Services Department.

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Therapist signature

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Date

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Phone

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our website: [www.childrensmn.org/A-Z](http://www.childrensmn.org/A-Z).

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