

the school years toolkit

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quality understanding dedication hope enthusiastic specialist compassion
personal community people together help care understanding specialist dedication safe local support trust depend
equality care choice independence respect community trust together quality
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Bilateral integration

Bilateral integration is the coordination of the right and the left sides of the body to complete a task.

It is important to develop this skill as it helps to develop hand preference and allows the hands to work together effectively.

We use it for complex fine motor tasks such as doing up shoelaces, dressing, cutting with scissors and driving a car.

If you have used this Advice Sheet and not seen improvement after three months, please contact CYPIT.

What you may see

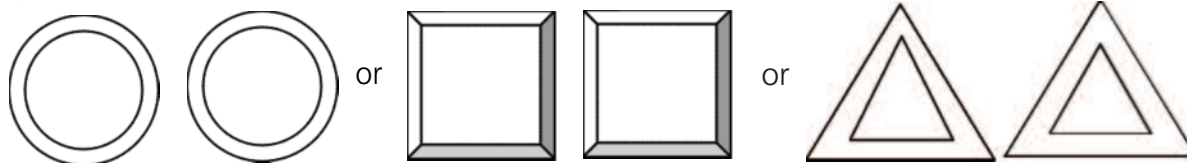
The child may be experiencing difficulties with:

- Tying shoelaces and school tie
- Doing up zips and buttons
- Coordinating knife and fork
- Cutting with scissors
- Dressing and undressing
- Opening packets
- Threading
- Ball skills

Strategies and Advice

- While standing and holding their hands out in front of their body, ask the child to touch their left hand with their left knee by bringing their knee up to touch it. They then need to change sides so that their left hand touches their right knee.
- Put a large sheet of paper on the wall and draw the following patterns onto them. Then ask the child to trace over the patterns with both hands at the same time:

Symmetrical Patterns:



Section 5 **advice** sheets

Asymmetrical Patterns:



- Tapping their tummy with one hand while moving the other hand in a circular pattern above their head.
- Jumping rope or skipping.
- Games with a large ball – the bigger the ball the more a child has to use both hands to control it for rolling / throwing / catching.
- Bunny hops.
- Holding onto a sheet of material with someone else and rolling / bouncing a football around on it while having to control the sheet so that the ball doesn't fall off.
- Holding a bat with both hands to hit a ball.
- Pretending to ice skate around the room with shoe boxes on their feet.
- Moving a hula-hoop up and down the body – step into it, move it up and over the head.
- Ball games – catching, throwing and target games.
- Balloon games – you can use one hand or two together.
- Clapping games and rhymes.
- Construction toys such as Duplo, Lego, Megablocks or Sticklebricks.
- Water play – tipping, playing with water toys, wringing out flannels, washing up.
- Bursting bubbles using two hands.
- Making paper chains with gummed strips of paper.
- Pushing with two hands such as shopping trolleys, large toys and wheelbarrows.
- Building with toy bricks.
- Action songs involving two hands such as 'Heads, shoulders, knees and toes'.
- Messy play – using shaving foam, squirty cream etc.
- Musical instruments such as banging cymbals together.
- Threading beads and buttons.
- Cookery – kneading dough and pastry, rolling, using shape cutters.
- Swimming.
- Park equipment such as swings, slides and climbing frames.
- Riding a tricycle or a bicycle holding on with two hands.
- Unscrew and screw up containers, twisty toys and wind-up toys.