

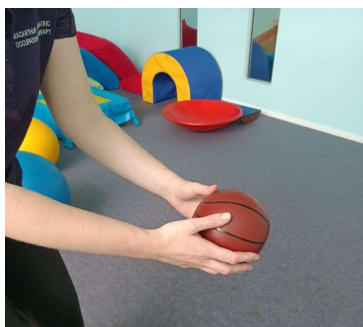
Macarthur Paediatric Occupational Therapy

Bilateral Coordination

Bilateral Coordination is the use of both sides of the body together in an activity. This skill is essential for fluent and coordinated movements as it requires processing of both hemispheres of the brain to allow both hands or feet to work together at the same time.

Many activities of daily living require bilateral coordination skills such as play, self-care or school-related tasks. A child or adolescent who is delayed in the development of bilateral coordination skills may prefer to use one hand, may appear clumsy or awkward in some gross or fine motor activities. Below are some activities that can help to promote the integration of bilateral integration.

Catching a ball with two hands



Star Jumps



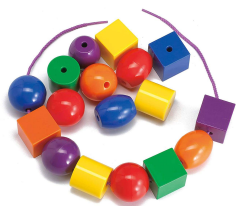
Marching on the spot



Catching a ball with two hands



Threading Beads



Clapping Hands Games



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