

# Talking Matters

[www.talkingmatters.com.au](http://www.talkingmatters.com.au) Ph: 8255 7137  
Helping your child to reach their potential



## Bilateral Integration

Most tasks typically involve bilateral integration where the dominant side of the body is supported by the non-dominant side. This is generally developed before symmetrical use of both sides of the body. Bilateral integration is developed through practice. It will be important to encourage your child to use their dominant hand as their 'doing hand' and their non-dominant hand as their 'helper hand' which stabilises the activity of the 'doing hand'.



### Activities:

Activities that develop bilateral integration of the arms and hands include:

- Connecting pop beads
- Threading
- Cutting
- Throwing with two hands
- Hammering and screwing
- Drawing
- Stirring a cup or mixing bowl
- Doing and undoing buttons and zippers
- Using cutlery



Activities that develop bilateral integration of the legs and feet include:

- Trapping and kicking balls
- Running
- Skipping
- Climbing stairs and ladders
- Jumping on a trampoline
- Riding a bicycle
- Propelling him/herself on a swing with their legs

### Strategies:

- If the child swaps hand and begins to use their non-dominant hand as their 'doing hand' encourage him to swap back.

