

# How to help your child with balancing



## Why?

Balance is important for every activity we do from walking and running around to sitting at a table using our hands. Every child's balance skills vary so start with simple activities that your child can manage and build up to harder activities as their confidence grows.

### Balancing whilst staying still

- this encourages children to maintain any position
- allow your child to sit on a space hopper or gym ball whilst watching TV or playing a game at a table
- stand on one foot – encourage child to use arms to help or use the back of a chair to start
- stop a rolling ball by placing a foot on top of it
- throw and catch a ball whilst standing with one foot on a box
- work above shoulder level, painting on an easel, chalkboard or cleaning windows
- provide a rocking chair to help get used to moving if a bit wary

### Balance when moving

- this encourages children to maintain balance when moving
- walking in a straight line, along a curved or wavy line progressing to heel toe walking and walking backwards
- you could try this walking on different parts of the

feet eg heels / tip toes or with eyes closed

- walking with bean bag balanced on head
- walking along stepping stones eg using carpet squares, coloured paper shapes or hoops. Vary the distance and direction of the stepping stones as confidence grows
- jumping on a bed or trampoline
- encourage walking up / down stairs one foot per step
- practice hopping with 2 hands held, then on back of a chair, then one hand, one finger until help is not needed for support
- try hopping along a marked line or row of chalked feet
- try the walking activities using jumping and hopping instead

### Outside activities

- rolling down a slope
- skipping along
- spinning and twirling around in circles
- push a bike along with your feet
- skipping with a rope

### Playpark activities

- swings
- roundabout
- climbing frames and adventure equipment
- see saws
- sliding down slide on tummy, back or sitting

### Games

- musical statues/bumps
- twister
- bunny hops
- crawling races
- wheelbarrow races
- mini stilts
- playing with moon boots or wobble boards
- bouncy castles