

Thera *kids*

WATCH FOR UPCOMING ISSUES:

- HOW GROSS & FINE MOTOR AFFECT ACADEMICS

ADDRESSING THE NEEDS OF EDUCATORS
AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.

CROSSING MIDLINE

Crossing mid-line is when one hand moves over to the other side of the body to work. This helps your body to build pathways in the brain and is an important prerequisite skill required for the development of motor and cognitive skills. By 3-4 years, a child should master this milestone. Children who have difficulty crossing midline often have trouble with reading, writing, self care skills, participating in sports and physical activity. These skills require coordination that comes from cross-lateral motion. However, if a child does not have this milestone by 3rd grade, this may signify a problem with visual spatial skills.

While a child moves their eyes from left to right across the page, the eyes stop at midline, frequently losing their place on the line and become confused. A child may also appear ambidextrous because they use both hands but often both sides of the brain are not communicating resulting in decreased coordination and motor control.

<http://www.ot-mom-learning-activities.com/index.html>
<http://www.howtoforteachers.com/crossing-the-midline-%E2%80%93-what-does-it-mean/>
<http://nspt4kids.com/parenting/help-your-child-develop-the-crossing-the-midline-skill/>



Crossing midline to draw lines. As you can see, the buttons of his shirt are in the middle of the paper.



The child must be positioned directly in the center of the shape to be drawn, and the assistant hand must be on the board.



Throwing and catching ball game while sitting cross-legged also helps promote rotation and bilateral coordination.

Activities:

- Popping bubbles with one hand.
- Erasing a board
- Reaching for bean bags across midline and throwing at target.
- Draw figure 8
- Scooping sand from one side of body and putting it in bucket on other side.
- Mixing bowl activities
- Holding a ball, pretend to drive a car, steering the ball to turn the car.
- Flashlight tag. (In a dim room, have the child follow your light with his own flashlight).
- Touch elbow with opposite knee.
- Windmills (stand feet apart and arms extended, bend over and touch opposite foot and hand.
- Lego blocks
- Sewing cards
- Card games

