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Bwrdd Iechyd Prifysgol
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University Health Board



Therapi Galwedigaethol Plant,
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Bilateral Integration

Bilateral integration is the ability to use two sides of the body together in an effective way to complete an activity. It is an important foundation for development of co-ordination between left and right sides of the body

A child with poor bilateral integration will have problems with body balance and co-ordination and will experience difficulties in carrying out any activities that use both sides of the body e.g. throwing and catching a ball, riding a bike, tying shoelaces, managing zips and buttons, using cutlery etc.

Activity Suggestions

- Using pop beads or any other interlocking toys e.g. lego
- Using a rolling pin for rolling out play dough, use both hands to knead the dough and cutters to make shapes, this can also be done when making biscuits.
- Ripping paper using two hands
- Holding putty/playdough in one hand and pulling it through with the other
- Drawing around stencils or templates, encouraging stabilisation with the non-dominant hand
- Using a ruler and drawing lines e.g. making a calendar, frame for a picture etc.
- Using musical instruments e.g. drums or tambourines with two hands together.
- Cutting with scissors
- Using threading boards
- Ball games involving throwing, rolling or catching.
- Tearing two pieces of Velcro apart.
- Any clapping activities or games e.g. clapping hands together, on knees, thighs etc. or against someone else's hands, bursting bubbles
- Pouring water from one container to another
- Making shapes in shaving foam, sand or paint with both hands.
- Using jars or containers with lids. Encouraging child to open and close jars or tins with a variety of lids. Classroom materials or toys could be stored in these jars.

