

TECHNIQUES TO DEVELOP GENERAL BALANCE SKILLS

- Encourage safe, controlled participation on a variety of playground equipment that incorporates movement: swings, slides, trapeze bars, merry-go-rounds
- Inexpensive home equipment to consider includes exercise trampolines, sit-n-spin, rocker toys
- Roughhouse play or piggy back rides provide lots of vestibular and proprioceptive input
- For the child who has difficulty jumping off the floor with two feet, start by teaching him or her to jump off a low step or platform onto something that will make noise, for example bubble wrap
- Practice ‘tight-rope walking’ a line through a simple obstacle course. Use wide ribbon, long strips of paper, or 2x4 pieces of wood to mark the course. Or use carpet squares to mark a path for jumping or hopping