

Balance

Children begin working on their balance from early stages of development. Balance is needed for lots of different activities, for example, walking and running, jumping and hopping and bike riding. There are two types of balance. Static balance is the ability to maintain your balance when stationary, for example, standing in line or sitting at a desk. Dynamic balance is maintaining your balance while moving, for example, walking. It is important to build balancing skills gradually.

Strategies to try:

- Balancing skills are to be built up gradually, starting with static balance before progressing with dynamic balance.
- Encourage high kneeling at tables to complete activities.
- Sitting on something wobbly such as a space hopper will work on stationary balance.
- Soft play or obstacle courses can be adapted to a child's abilities.
- Going to the play park provides different equipment to play on as well as different surfaces.
- Musical games, such as musical statues or chairs are fun ways of practising balancing.
- Try balancing a beanbag on your child's head while they move around.



STATIC

- Sitting supported by chair, cushion or person.
- Sitting unsupported in a chair.
- Standing holding on to chair, wall or table for support.
- Standing unsupported without swaying.
- Standing on one leg.
- Once comfortable in static balance move to dynamic balance.

DYNAMIC

- Sitting on the floor, working out with base of support reaching for toys.
- Walking on different hard surfaces, such as flooring and grass.
- Walking on uneven surfaces, such as soft play equipment, mats or mattresses.
- Walking along a line on tip toes, once comfortable walk heel to toe.
- Walking with eyes shut.

