



November 2024

Crossing the midline

What is crossing the midline? It wasn't until I started working with the therapy team that I truly understood this concept, so if you hear it often, but do not really understand what it is, then you are not alone!

The midline is the imaginary line that runs through the middle of a person from the top of their head all the way to the feet, passing through the nose, along the spine, and in the middle of the feet.



Crossing the midline is the ability to pass one part of the body from across this line. This 'crossover' requires good core stability, trunk rotation and body awareness.

Why is this important?

Crossing the midline is vital to the development of using both sides of the body together, such as putting on shoes and socks, writing and cutting. Not only does it promote the coordination and communication of the left and right hemispheres of the brain, it helps reading a whole book without getting stuck or missing half the book.

How can I help practice this skill at home?

1. PLAYING WITH CARS ON A LARGE PATH

Make a large path on the floor with toys / blocks for your child to drive their toy cars through. Put lots of turns in the path. Encourage your child to just use one hand to drive the car.

2. PAINTING WITH PAINTBRUSHES

Get large (adult size) paint brushes and/or rollers and a bucket of water. Let your child paint the sides of the house with water. Encourage using one hand at a time.

3. WASH THE CAR

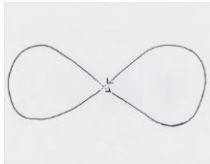
Encourage your child to use their dominant hand and reach in all directions.

4. WINDMILLS AND CROSS CRAWLS

For the windmills, have your child reach out to the side with their arms straight. Then pretend that they are a windmill by moving their arms in a circle while crossing the middle of their body.

For cross crawls, have your child march in place, then touch their opposite knee as it is at their waist. The right arm would touch the left knee and the left arm would touch the right knee as they are marching in place.

5. FIGURE 8 PATTERN



Draw a large figure eight (the number eight facing side to side, not top to bottom) with sidewalk chalk for your child and have them walk the figure eight OR draw the infinity sign and have your child trace it with their finger of their dominant hand.

6. SET UP A SQUIRT GUN TARGET PRACTICE

Use both hands on the squirt gun to try and knock over cups, wash away chalk etc.

If you have questions or concerns about your child's ability to cross the midline, please contact the therapy team.

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