

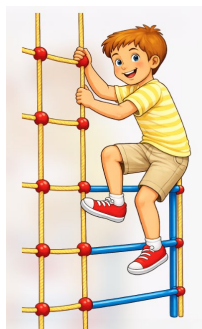
Coordination skills are an essential part of a child's physical development, supporting their ability to move smoothly, efficiently and with control. These skills involve the integration of multiple body systems including muscles, joints, vision and the nervous system. Challenges with coordination skills can often lead to children having difficulty keeping up with peers or engaging fully in activities. This handout provides practical information and simple activities to help support the development of coordination skills in children at home, school and in the community.

Here are some guidelines to help your child learn to develop their coordination skills:

- Ensure your child wears supportive, well-fitting shoes to provide stability, improve balance, and promote safe and efficient movement
- Keep activities fun and playful to encourage participation and motivation
- Practice skills regularly in short sessions rather than long, tiring activities
- Start with simple tasks and gradually increase difficulty as confidence improves
- Provide clear demonstrations and simple instructions
- Use praise and positive reinforcement to build confidence and motivation
- Focus on participation and effort rather than perfect performance
- Allow extra time for children to learn new motor skills and movements
- Encourage activities that use both sides of the body together (bilateral coordination)
- Encourage participation in playground activities, sports, dancing, biking or swimming
- Practice in safe, open spaces with minimal distractions when learning new skills
- Modify equipment when needed (larger balls, lighter objects, slower-moving targets)
- Model patience and keep expectations realistic and age appropriate
- Encourage active play daily to support ongoing motor development
- Stop activities if the child becomes overly frustrated or fatigued and return later if needed

The following are examples of activities you can try:

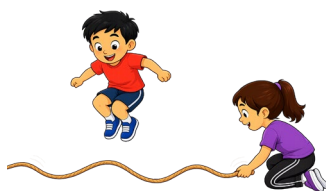
- Marching: add music and try clapping hands at the same time
- Climbing playground equipment, jungle gyms or monkey bars
- Set up an obstacle course for your child to step over/under/around/through



- Move in various ways, imitating animals such as ducks, bears, monkeys, rabbits, frogs, crabs, snakes



- Games / songs: Twister, Head and Shoulders, Simon Says, Hokey Pokey, Dodge Ball
- Wiggle a rope back and forth on the ground and have the child jump over it



- Jumping Games: Skipping, Galloping, Scissor jumps, Jumping Jacks, Jump Rope, Hopscotch



- Tap foot and finger at the same time
- Try hitting an inflated balloon or beach ball to keep it in the air
- Bowling, swimming or riding a tricycle, bicycle or scooter



Remember to have fun! If you have any concerns about your child's physical abilities or motor development, consider speaking with a healthcare practitioner.