Balance Skills

Children’s Therapy Services
What is Balance?

Balance involves both static balance such as standing still on one leg and dynamic balance such as hopping, jumping and walking on a line.

The skills follows on from gaining head control as a baby, moving against gravity and being able to adjust to movement.

It depends on adequate muscle strength and tone and mature movement reactions. The child also requires good sensory awareness of their body.

General Guidelines

Help your child to achieve better balance by providing

• Opportunities to practice in play
• A safe environment to practice
• Physical support which can be reduced as your child becomes more confident.

It is easier to balance if you have a large base of support e.g. lying.

It becomes more difficult when the base of support is reduced e.g. standing with feet together.
Activities to develop Balance Skills

- Walking along rope along floor, jumping over rope, walking backwards, walking with foot either side of the rope.
- Games such as stepping stones, walking on the line
- Obstacle courses
- Walking on uneven surface e.g. cushions
- Standing on one leg on uneven surface
- Walking with bean bag on head.
- Timed standing on one leg - encourage your child to focus on a non moving object to help them balance. This is more challenging with your eyes closed.
- Gym
- Sitting on a gym ball and keeping balance while catching bean bag etc
- Stilt walking.
- Twister (commercial game and a lot of fun!)

Useful Groups in the Community

- Tumbletots
- Swimming
- Judo/Karate
- Dancing
- Gym Clubs
- Horse Riding

Why is good balance important for your child?

We need balance in order to carry out everyday activities, such as sitting, walking, getting dressed or riding a bike.
For further information about this service contact:

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If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.