

Midline Crossing

What is Midline Crossing?

Midline crossing happens when one body part actively crosses over the center of the body in a movement.

Why is Midline crossing important?

Midline crossing engages both halves of the brain in “communication” where the whole brain works together to accomplish the movement. This type of “whole brain communication” is foundational to faster and more efficient processing skills – for motor, sensory, and all “academic” information.



What do I DO?

Incorporate midline crossing into regular routines or new activities. There are a few activities listed below to help jump start your routine. As your child attempts to reach across the body, watch for turning of the body/ trunk to where midline crossing does not actually occur – make sure the arm or leg passes TOTALLY across the center of the body.

ACTIVITY IDEAS:



- Put on music and learn the Grapevine line dance.
- Put objects in a container by placing the container on one side of the child and the objects on the other.
- Place puzzle pieces to each side of your child and have him reach with the opposite arm to get a puzzle piece and put it in the puzzle.
- Place legos or blocks to each side of the child and have him reach with the opposite hand for the pieces that he wants.
- Practice batting a soft ball or balloon. Keep both hands on the bat throughout the swing. Be sure to ensure the safety of others in the area.
- Practice golfing with a soft ball or balloon and a plastic golf club or stick. Be sure to keep both hands on the club throughout the swing. Be sure to ensure the safety of others in the area.
- Reach over the opposite shoulder to get a sticker, bean bag, pencil/crayon, napkin, puzzle piece, game piece, etc. to complete an activity.
- Kick a ball to the side by kicking across the front of the body.
- Exercise that has cross lateral movement. (i.e.: windmill exercises)

