

Crossing the Midline

What it is, why it matters, and how to help

1 What is crossing the midline?

Crossing the midline is when a child moves a hand, foot or eye across the imaginary line down the middle of their body to work on the opposite side.

- ✓ It helps both sides of the body work together.
- ✓ It is an important foundation skill for everyday tasks.



2 Why is it important?



Supports bilateral coordination



Helps develop hand dominance



Supports reading and visual tracking



Helps with writing, cutting and drawing



Useful for dressing, play and sport

3 Children may find it tricky if they...



Swap hands part-way through a task



Turn their whole body instead of reaching across

Avoid using one hand across the page



Find some fine or gross motor tasks hard

4 How can we encourage it?

- ✓ Give a helpful start position
- ✓ Start with big whole body movements
- ✓ Encourage play across the body
- ✓ Model the movement and join in
- ✓ Use both sides of the body together
- ✓ Build it gradually, make it fun!



5 Activity ideas

Try these fun ideas at home or in school!



Cross crawls



Ribbon or scarf figure 8s



Drawing big rainbows or infinity loops



Picking up beanbags and placing them on the other side



Wiping a table or window in big arcs



Sticker or treasure hunt across a large sheet



Fun, playful activities like these can help your child develop coordination, strength and confidence for everyday skills.