

CAREGIVER CONNECTION CARD

Young Audiences of Louisiana 
BABY ARTSPLAY!™
 Presented by The Helis Foundation

Baby Balancing Acts

Bilateral Integration

Bilateral integration is the ability to use both sides of the body in a coordinated way. Without it, your child may appear clumsy. Bilateral coordination will make it easier to do everyday things like walking or climbing stairs. Beyond that, when both sides of the body work together, it means both hemispheres of the brain are working together in a balanced way. When the two hemispheres of the brain interact, it creates more nerve networks, which makes communications between both sides of the brain faster and more integrated for high-level reasoning in the future.

Tips to Connect

A great way to practice a balanced use of both sides of the body is playing with bubbles. Blow bubbles and reach out with both hands to pop them.



MAIN PROP

Finger Cymbals

ALTERNATIVE PROP

Miniature musical instrument: Almost any instrument will require bilateral integration and skill is not required for the pure enjoyment it will bring to your little one.

A Rum Sum Sum

A rum sum sum, a rum sum sum
 Guli guli guli guli guli rum sum sum
 Repeat 1x

A rafiq, a rafiq
 Guli guli guli guli guli rum sum sum
 Repeat 1x

Practice singing with the following movements:
 A rum sum sum - pound fists, right over left, then left over right.
 Guli guli - put hands at either side of your head and wave fingers.
 A rafiq - bring your arms across your body and up in the air in a continuous circular motion.