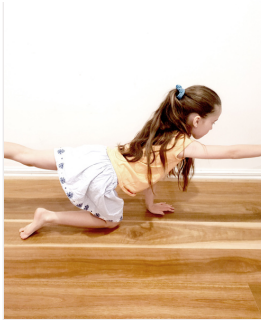


# Crossing the Midline Checklist

This is not a diagnostic tool for children aged 4 years and above. Please use this tool as a way to observe a child's crossing the midline movement skills. Refer to a local health professional when needed.

| Activity                                                              | Image                                                                               | Notes<br>(what did you notice?) | Able to | Need help to do | Not yet able to |
|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------|---------|-----------------|-----------------|
| The child reaches across to touch their opposite foot.                |    |                                 |         |                 |                 |
| The child stretches out their opposite arm to leg in all 4's position |   |                                 |         |                 |                 |
| Child taps hand to paper on opposite side of their body               |  |                                 |         |                 |                 |
| The child reaches across their body to move toys                      |  |                                 |         |                 |                 |

# Windmills



- The Setup:
  - Have the child stand with their feet wider than shoulder-width and their arms outstretched like the blades of a windmill.
- The Movement:
  - Ask the child to reach their right hand down across their body to touch their left toes while keeping their legs straight. Then, they return to the starting position and reach their left hand across to touch their right toes.
- What to Notice:
  - Trunk Rotation: Is the child rotating their upper body, or just bending forward at the waist?
  - Reaching the Target: Can they reach the opposite foot comfortably without needing to step or move their feet?
  - Symmetry: Is the movement smoother on one side of the body than the other?

# All 4's Superman



- The Move:
  - The child starts on their hands and knees in a "tabletop" position.
- Instructions:
  - Ask the child to lift their right arm and their left leg at the same time. They should hold it for 3 seconds, then swap to the left arm and right leg.
- What to Look For:
  - This requires "cross-lateral" coordination. Watch if they accidentally lift the arm and leg on the same side, or if they wobble significantly when crossing that neurological midline.

## Opposite Side Taps



- The Move:
  - Place a target (like a piece of paper or a sticker) on the floor or a table to the child's left.
- Instructions:
  - Have the child use only their right hand to reach across their body and tap the target. Repeat with the left hand reaching to the right.
- What to Look For:
  - Check if the child tries to move the target closer to the middle, or if they "switch hands" to avoid reaching across their belly.

## Midline Sorting



- The Move:
  - Place a pile of toys on one side and a bucket on the far opposite side.
- Instructions:
  - The child must reach all the way across their body to grab a toy and move it to the bucket without moving their seat.
- What to Look For:
  - Ensure their chest stays facing forward. If they twist their whole body to face the bucket, they aren't actually "crossing" the midline, they are moving their midline to make this task possible for them.