



## BILATERAL DRUMMING

### Technique:

1. Set the metronome to your child's cadence, and turn the volume down to the lowest setting
2. Present one hand drum at a time
3. Present drum on opposite side of the body
4. Aim to hold drum at an approx. 45-degree angle
5. Continually present the drum in different places within your child's peripheral vision (e.g. high, low, close to body, away from body etc.)
6. When comfortable, hit the drum that's not currently being presented against own thigh to form an 'in-between beat'.

### Best recommendations:

5-7 days a week, 2-3 minutes a day