



Balanceability Case Study

A Parent's Perspective Part One

Child: Annabel, age three

Parent: Gurby

Course: 12-week Balanceability course (Level 1 & 2)



Journey Begins

Annabel has just started the learn-to-ride Balanceability course. She is three years old and this is her first time on a balance bike.

Initial Challenges

- Static balance: Annabel can stand with minimal posture sway, however, she has a tendency to turn her left foot inwards when walking or running, and this causes her to occasionally trip. I fear this could be a problem when she walks with the balance bike.
- Dynamic balance. Annabel struggles with her balance when crossing the river stones. She has a habit of placing a foot on the river stones and then returning one foot to the ground to stabilise herself. I'm concerned that it will take her longer to ride a bike than the other children.
- Listening to instructor: Annabel is easily distracted by what is happening around her and often forgets she needs to be attentive in order to learn and make progress. For instance, she is not using the handbrake, instead dragging her toes behind her to stop – and has already scuffed two pairs of shoes.

Positive Points

- Despite lagging behind the rest of the group, Annabel really enjoys the Balanceability sessions, saying 'I went on my bike today' and 'I like my bike, it's my favourite'. I'm sure watching the other children learn to ride has made her realise that cycling is fun.
- Annabel's enthusiasm for the programme has encouraged me to buy her a balance bike, which she uses regularly each week. I feel reassured that Annabel is getting plenty of physical exercise with very little effort.
- Learning to ride is helping Annabel grow in confidence. She is excited at the chance of exploring the world on two wheels rather than sit in her pram. I know she feels more independent and this is reflected in the progress she is beginning to make in the sessions.

