



Balanceability Case Study

A Parent's Perspective Part Two

Child: Annabel, age three

Parent: Gurby

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



Journey So Far

Annabel is now 7 weeks into her 12-week Balanceability course and is making very good progress. She has quickly picked up the technique to sit and run with the balance bike – and has just mastered gliding with both feet off the ground.

Ongoing Challenges

- Using the handbrake is still an issue for Annabel. This is probably due to her small hands and I believe this will be resolved in due course.
- Annabel still likes to talk with her friends or tries to start a conversation with the instructor when she should be listening.

Positive Points

- I believe Annabel's progress is largely down to the Balanceability programme's fun games and activities such as big foot, the stepping stones and hilltops, and weaving through cones – all of which have improved her overall balance and confidence on and off the balance bike.

Balanceability Contact Details: info@balanceability.com or 01242504525

- Watching other children learn to ride and learning as part of a group has brought out the competitive side in Annabel and helped her to quickly transition through the 'sit and run' stage to balancing.
- Annabel is aware that she has achieved something special and takes great pride in sharing this with me, saying 'Mummy watch me' or 'Mummy look what I can do' as she simultaneously lifts both legs in line with the top wheel to show that she can balance.

