

### Motor planning and sequencing challenges in children with developmental delays

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**Summary:** There are many activities you can do to strengthen your child's ability to form motor plans and sequence his/her actions.

- ✓ There are three components to motor planning & sequencing:
  1. Ideation means having an idea of what to do, whether with an object, with your body, with another person, etc.
  2. Planning involves creating a course of action regarding how to carry out your idea.
  3. Execution is how you physically carry out the cognitive plan, which involves the environment and sensory input.
- ✓ Crossing the midline requires movement from one side of the body across to the other such as reaching with your right hand over to grab an object on the left.
- ✓ Bilateral coordination is the ability to use both sides of the body at the same time in a controlled and organized manner such as cutting a piece of paper with scissors.
- ✓ Rhythm and timing requires children to coordinate sound and vibration of movement and is strengthened through activities such as clap patterns, marching, or dancing together, for example.
- ✓ Sensory integration is our sensory systems effectively working together.

Link to this blog: <http://tinyurl.com/z8ehjmy>