Key Take-Aways

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.

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