Summary: Motor planning has a significant impact on learning that involves ideation, planning, execution, registration, timing, sensory discrimination and modulation, and visual-spatial processing.

- It is essential to determine how your child registers and processes information to understand the why behind his/her behaviour.
- Give your child a 25-to-30-minute deep pressure massage each morning and night to help with Registration challenges.
- Use “first... then” to help with Timing and sequencing.
- Use high affect to spark your child's intrinsic motivation.
- Co-regulate by adjusting your high affect and slowing down to help your child with Sensory modulation.
- Give your child feedback about how you see him/her come down from sympathetic overdrive to encourage his/her self-modulation.

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