

TOPIC: MOTOR PLANNING

DEFINITION: Motor planning is the ability to plan, initiate, and execute out an unfamiliar action or sequence of actions. It is also called praxis. Motor planning is how one uses his/her muscles to perform a series of movements all at the same time to produce a desired action.

CHARACTERISTICS of DECREASED MOTOR PLANNING:

- Difficulty following multi-step directions
- Difficulty initiating tasks
- Poor gross/fine motor control of body when attempting new tasks
- Often tries to imitate others
- Poor task completion
- Poor organizational skills
- Does poorly on timed tests
- Has difficulty with motor tasks with several steps

RECOMMENDATION FOR SERVICES:

- Seek a consult or evaluation with a therapist who is experienced in making home programs if you feel your child is exhibiting significant motor planning difficulties.

WHAT TO DO AT HOME:

- Provide sensory experiences with a variety of toys and materials of various textures such as, rice, beans, shaving cream, water, etc.
- Encourage the playing on equipment that involves climbing, swinging, crawling, jumping, etc. and encourage your child to think of new and different ways to move and use the equipment
- Break down motor sequences into smaller steps
- Play imitation games such as "Simon Says"
- Use visual along with demonstrating/modeling tasks
- Use a visual schedule or picture cards to help with sequencing tasks