

# Foundations *for* DEVELOPING MOTOR SKILLS



There are many parts and pieces that go into the development of motor skills. Think of a child's motor development as a four-legged table: each leg of the table represents one of the foundations for motor skills, and when one of those legs is missing, the table will wobble and topple over. Each of the legs must be in place for the table to be stable.

Here are the four foundations for developing motor skills:



## 1 Posture Stability

Posture stability is the ability to maintain upright posture while seated, without support. Good postural stability, along with balance, allows the arms and legs to move smoothly.



## 2 Tactile Perception

Tactile perception is the ability to understand information coming from the skin. Without a strong tactile perception, a child may become clumsy. For example, they may hold a pencil really tight to help them "feel" it or struggle to fasten their clothes because of the lack of feeling in their fingers.



## 3 Hand Function

Hand function is the ability to grip, grasp, and form precise movements. It is essential because hand and finger muscles need to work well together in order to control small objects and tools. Strong hand function helps your child to hold and color with a crayon, squeeze a glue bottle, and write clearly.

## 4 Bilateral Coordination

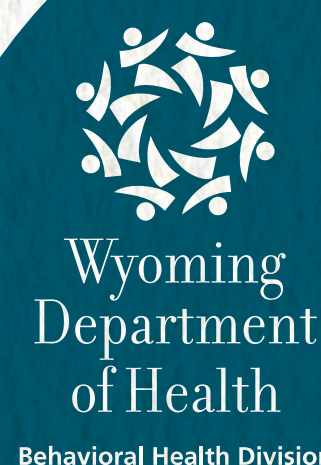
Bilateral coordination is the ability to control both sides of the body in a coordinated way, which allows your child to perform everyday tasks easily, like climbing stairs or tying their shoes. It can also play a role in your child's physical development, such as the ability to walk, run, or jump.



Is your child meeting their milestones? Find your free developmental screening center at [screenforsuccess.org/regional-map/](https://screenforsuccess.org/regional-map/)



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