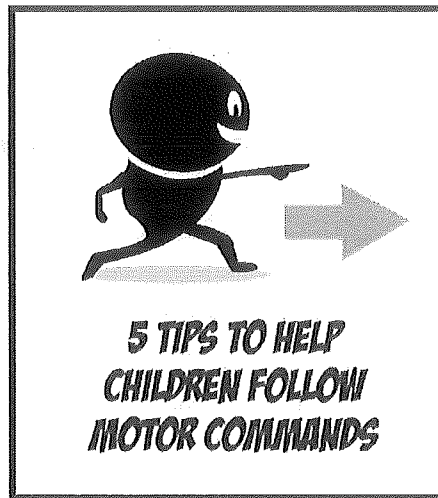


# 5 Tips to Help Children Follow Motor Commands



Do you ever find yourself wondering why isn't he/she doing what I am telling them to do? Some children have difficulty following directions to carry out a motor skill. Here are 5 simple tips to help children to follow motor commands and directions:

1. Make sure you have the child's attention when you ask him/her to follow a direction. Reduce distractions in the room.
2. Repeat the motor command a second time in clear, concise directions. For example, instead of "go across the mat, walk over the beam and step down" try to state "walk on the beam".
3. Model the action that you need completed. Instead of stating "jump over the line", demonstrate jumping over the line.
4. Allow time for a child to process the motor command. State the direction and count to 10 as you wait for a response.
5. Provide encouragement for any attempt at following the motor commands. If it is a multiple step motor command and the child only follow step one, repeat step two and three with clear directions and model the action if necessary.