

The motor skills that get overlooked

What to watch for in dressing, in handwriting and on the playground.

1

Watch the small hands.

Buttons, zippers, a pencil, a spoon. Grip and finger strength arrive as dressing long before they show up as handwriting.



2

Watch the balance.

Standing on one leg, stairs without a rail, sitting upright long enough to work. Balance is what a curb and a chair both ask for.



3

Watch both sides working together.

Cutting, catching, climbing. One hand holds while the other works, and that pairing is taught rather than waited for.



4

Ask how it sits beside the therapy you already have.

Occupational therapy and behavior therapy share the same goals. Ask both teams to write down who is teaching what.

