

Visual - Motor Integration

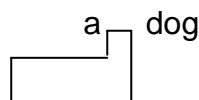
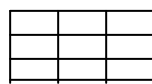
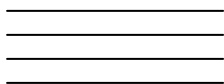
Visual-motor integration (also known as VMI) describes how a child co-ordinates their visual perceptual (interpreting visual information) and motor skills (finger and hand movement). Visual motor integration is important for learning tasks and being able to do tasks accurately.

Implications of Poor Visual -Motor Integration

- Difficulty with forming letters and drawing shapes.
- Poor spacing of letters and words and keeping letters on the line.
- Struggles with practical activities such as using scissors or building models.
- Finds P.E. related activities hard, e.g. ball skills, team games, apparatus work.
- Has difficulty with personal care tasks such as doing up buttons or tying shoelaces.

Suggested Activities

- Copying pegboard patterns.
- Tracing activities – start with simple lines and build up to more complex shapes and patterns.
- Maze activities – try with media other than pencil and paper, such as in sand or shaving foam.
- Word searches.
- Graded scissor activities.
- Dot-to-dot – do with a pencil or cut out with scissors.
- Threading beads, pasta or cut up straws.
- Stencils and templates.
- Origami or paper folding.
- Target practice – throwing a bean bag into a box or hoop, throwing/catching a ball.
- Use graph paper, squared paper or a spacer to encourage spacing between letters/words, for example:



Contact details

Children's Therapy Services

Telephone number: 0300 019 2936

For further general health-related information, please ask the relevant department for an information prescription or contact:

Patient Experience

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We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk

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