

Visual Motor Integration / Eye-Hand Coordination

What Is It: Using the information received through visual input to coordinate with motor skills in order to control the hands in functional tasks (The OT Toolbox, 2018).

Why Is It Important: Eye-hand coordination is a skill necessary for occupations throughout the lifetime such as:

- Activities of daily living (feeding, dressing, grooming, bathing, functional mobility, toileting)
- Driving
- Meal preparation
- Academic performance (writing, cutting, locker routine)
- Job performance
- Play and leisure activities (sports, games)
- Picking up and handling objects

5 Activities to Try at Home:

1. Playing catch with a ball

- Tip: You can also roll the ball if catching in the air is too challenging!



2. Threading a bracelet/necklace.

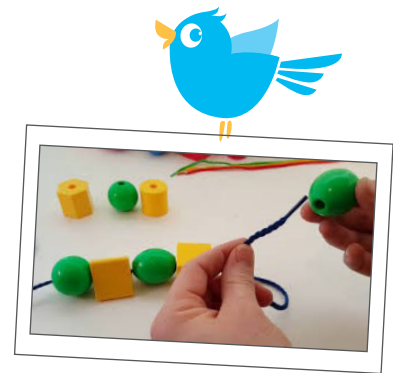
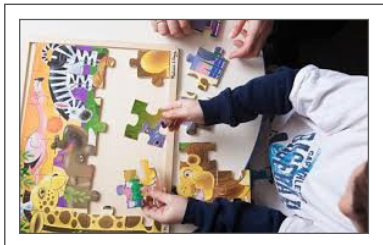
- Tip: Ask about the just-right challenge for your child!

3. Putting together puzzles.

4. Balloon batting - keeping balloon in air.

- Tip: See how long you can keep the balloon in the air without letting it fall.

5. Coloring inside the lines of coloring book.



References

American Occupational Therapy Association. (2014). *Occupational therapy practice framework: Domain and process (3rd ed.)*. American Journal of Occupational Therapy, 68(Suppl. 1), S1-S48.

The OT Toolbox. (2018). Visual motor skills. Retrieved from <http://www.theottoolbox.com/p/visual-motor-skills.html>