



Motor Skills for Learning!

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Motor Skills for Learning! Service Outline

The basis for learning and being functionally independent can be found in secure foundation motor skills. The development of these skills begins when the baby is in their mums tummy and continues throughout childhood and maturation.

These motor skills underpin all the things a child will require for being able to access effective and efficient learning at school. These foundation motor skills are like the bricks in a game of Jenga. You require all the base bricks to be present, aligned and firmly in place, to then be able to build a good, tall tower that doesn't wobble or fall.

This is like putting all the foundation motor skills in at the bottom to then be able to build up good, strong, complex, skills required for efficient function, life skills and effective learning.



Motor Skills for Learning! Service Outline Continued

If motor skills gaps are identified, our therapists can work with you to support, fill and improve these areas. Repetition and consolidation are the key to improving these skills. By learning, repeating and consolidating these skills that underpin child development, a young person can then build more complex skills to meet the demands required by our current education system, such as reading, writing and sitting comfortably whilst attending easily during lessons.

- If a child has a weak core and cannot sit in the middle of a chair with confidence and without fidgeting, then fine motor skills are more difficult.
- If a child has weakness around the shoulder girdle, then fine motor skills will be more difficult to control and grade.
- If a child is unable to move their eyes in all directions and independently of their head, ball skills, reading and writing are harder to develop.



Service Outline Continued

We often hear from parents who will voice concerns over impulsive behaviour, fidgeting, hypermobility, and 'boom and bust' activity cycles.

Before we jump to conclusions and look at diagnostic labels we would always ask some questions and explore options, seek to understand the child as a whole and ask questions. For example:

- Are they impulsive because they have to act quickly before they forget what has been said to them. So are they being given too much information in one go?
- Are they fidgeting because they have a weak core and so their muscles fatigue when they try and sit still?
- Is this boom and bust cycle not actually a hyperactive profile, but more of a lack of stamina - because they are unable to keep going, and have bursts of energy and then have to keep stopping?
- Some extra range in joints is not a problem at all, as long as it is accompanied by strength and stability around joints, so has that child got good stable joints?

This service is therefore designed to support and advise parents and carers who just need a little advice and support, right through to supporting children who have clear gaps in their physical development and require some help to secure new skills.



Motor Skills for Learning!

Who is this service designed for?

It is suitable for babies, toddlers, children and young people from 0 to 18 years of age.

How will this service be offered?

We can offer this service in a one-off advice and recommendations type appointment, or as an assessment and series or block of sessions. Reviews can also be offered.

We can include nursery/school in the process if required and are happy to visit if appropriate.

We try our very best to match what we offer to a family's individual needs. The appointments can be offered, face to face, by school and home visits and/or virtually.



Fees

Initial Appointment	Initial clinic appointment (60 mins) with email a brief summary and advice	£120
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Follow ups	Clinic follow up 60 mins	£90
	Clinic follow up 30 mins	£55
	Home visit - charged at hourly rate	£90/hr
	Nursery/School visit - charged at hourly rate	£90/hr

For home and setting visits mileage will be charged at 45p per mile to and from the TCT clinic postcode BH2 5QR.



FOR FURTHER DETAILS OR TO MAKE A BOOKING

Contact Us

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