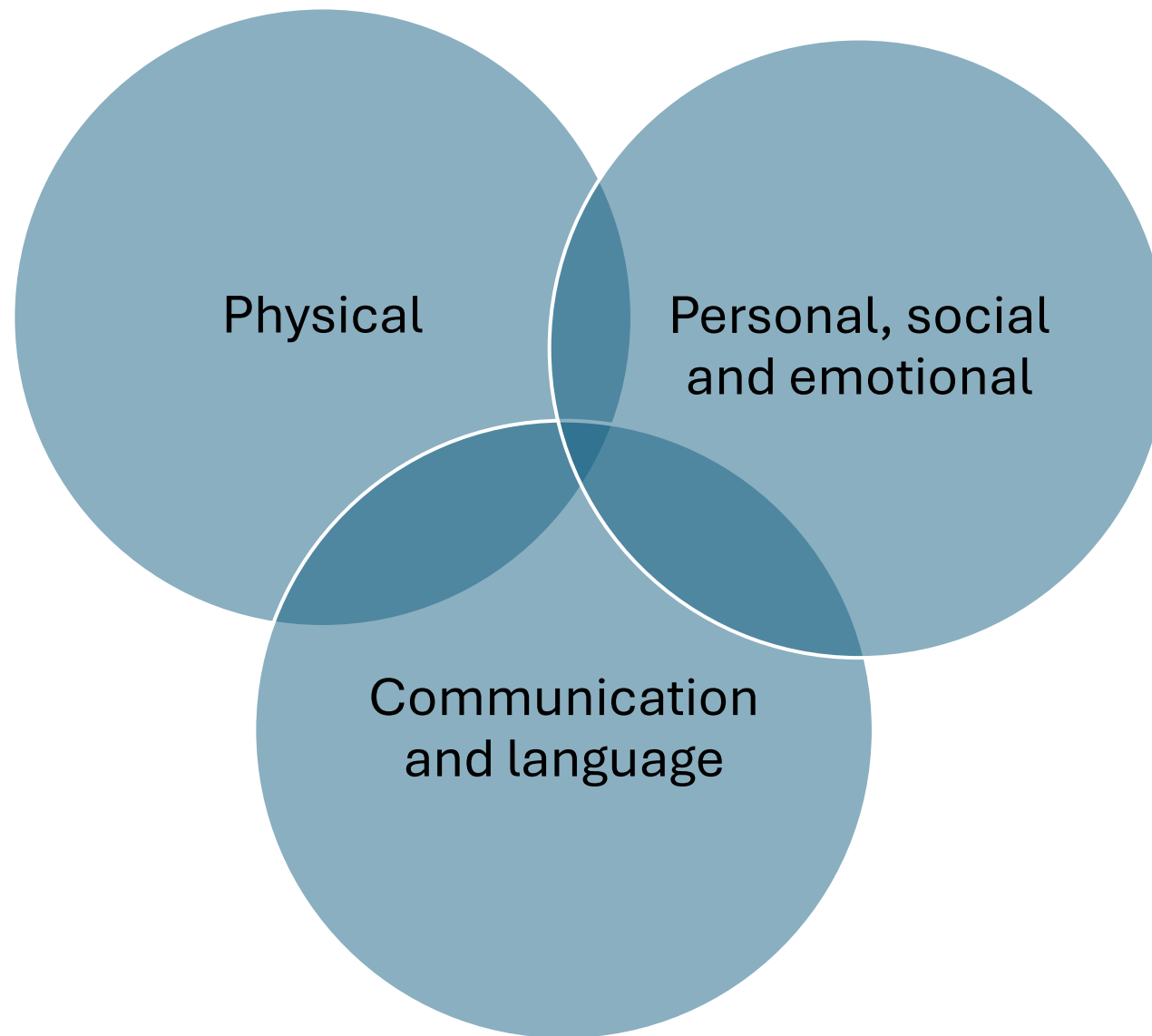
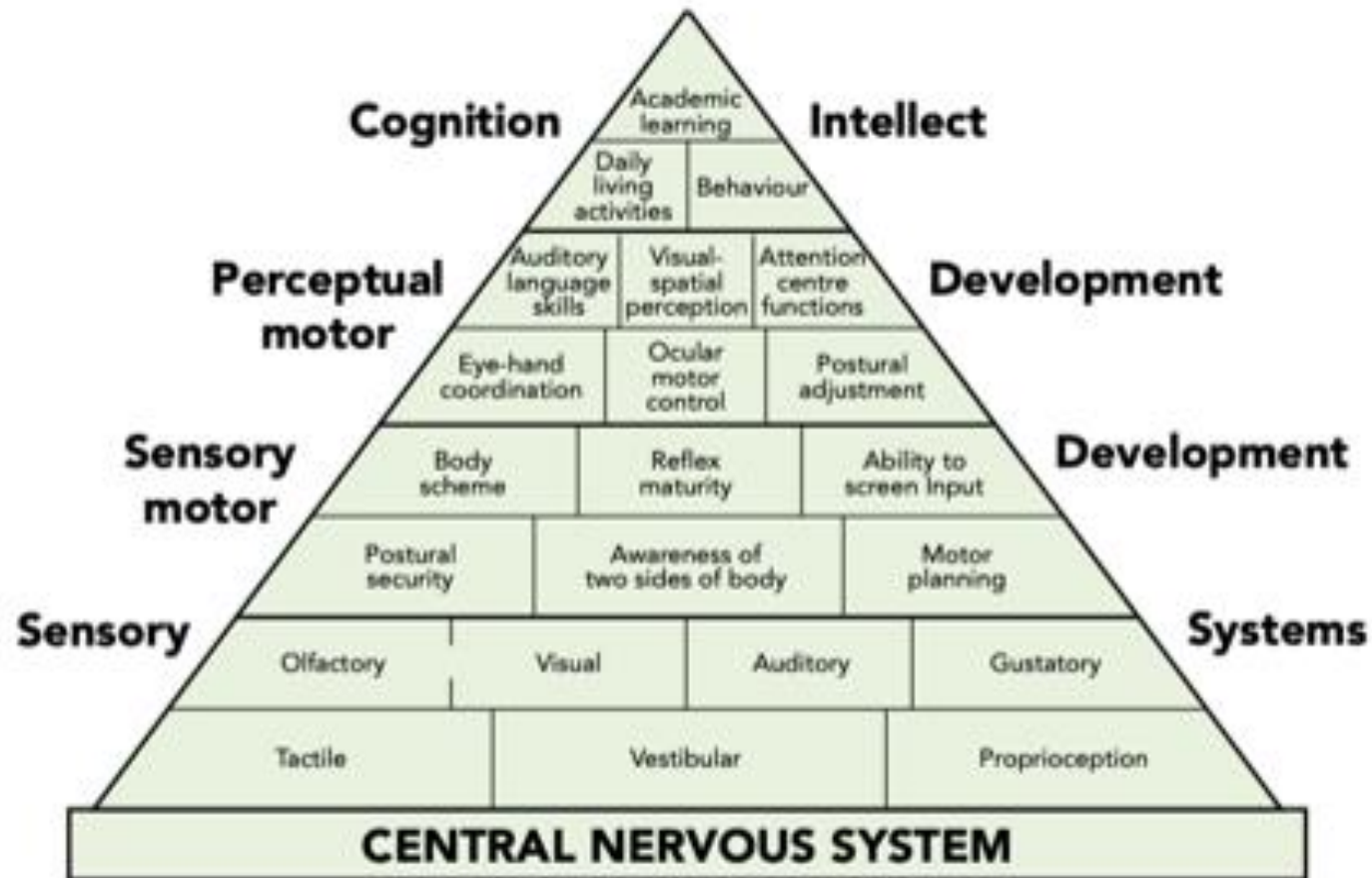


The importance of the Prime Areas

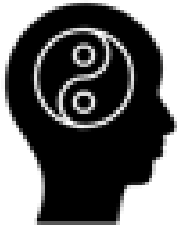


Dialling into child development



The learning pyramid, Williams & Shellenberger, 1996

Vestibular



The vestibular sense affects language development, as it integrates with auditory and visual systems.



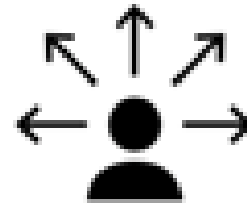
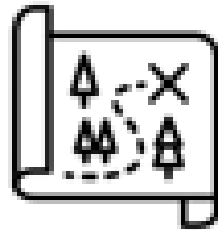
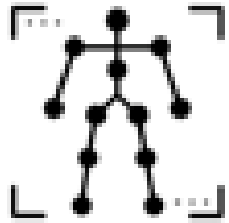
Walking on uneven surfaces or a 'tight rope' (a chalk line or skipping rope on the floor); playing Twister or hopscotch.



Yoga poses such as downward dog, plank, airplane, tree, dancer, warrior one.



Proprioception



Linked to motor planning, **proprioception** supports the coordination between our body parts and senses, including the parts of the body we need for speech.

Interoception



Interoception is important for self-regulation.

|
If we don't know what we are feeling, we can't say what we need.

|
Ask **What are you feeling?** not **How are you feeling?**



Let's consider...physical development of hands – bones, muscles, ligaments, wrists

5-year-old

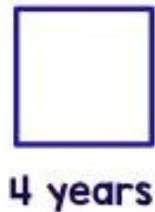
Adult



Typical development – pre-writing shapes





PRE-WRITING SHAPES

Before your child can learn to write, he or she needs to be able to draw these shapes



Children who can draw an oblique cross are able to copy more letters and numbers than children who cannot

Typical pencil grip development

			
1-1½ years	2-3 years	3½-4 years	4½-6 years
Palmar Supinate Grasp	Digital Pronate Grasp	Static Tripod Grasp	Dynamic Tripod Grasp

(Erhardt, 1994)

Examples of arm strengthening activities

- Shoulder
- Elbow
- Wrist
- Hand

What body part is being used?



Examples fine motor development

Finger strength building
Sustaining the pressure
Control of the tool
Hand eye coordination

