

Click here for the YouTube link: <https://youtu.be/ZNeMotjRQIE>

# VISUAL MOTOR INTEGRATION

Visual-motor integration (VMI) is the ability to perceive visual input, process the information, and coordinate a motor response. VMI skills encompass eye-hand coordination, praxis, visual perceptual skills, gross motor coordination, and fine motor coordination.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8321716/>

## WHY IS VMI IMPORTANT

Essential for a child's academic success, social participation, and overall development.

The benefits are improved school performance, such as handwriting reading, enhanced coordination and motor skills like playing a sport, increased independence, and better spatial awareness.

## WHO MAY HAVE DIFFICULTY WITH VMI

Children with developmental disability (Autism, BrachialPlexus, ADHD, developmental coordination disorder), preterm birth, and children with astigmatism.

## ROLE OF OT

Occupational therapists can help your child develop visual motor integration skills by using many activities that engage their visual senses.

An occupational therapist will use activities that involve visual stimuli, tracing letters, cutting shapes, and copying numbers.

Using visual perception exercises to improve visual motor skills.

Using graph-motor intervention

<https://research.aota.org/ajot/article/69/4/6904350010p1/6021/Developmental-Test-of-Visual-Motor-Integration-VMI>

## MILESTONE OF VMI: 1 MONTH- 4 YEARS OLD

### One month

Track on object. while lying on their back and tracking objects to the side

### Two months

Start to notice their hands, track a ball from side to side as it rolls on the table, and track a toy while lying on their back when the object moves side to side.

### Three Months

Extend hands to reach for a toy while lying on their back.

### Four months

Reaches to midline for a toy while lying on their back. When lying on their back, the infant touches both hands together.

### Five - Six months

Bring hands together to hold a toy, such as a block, while sitting supported. Extends arm to reach up for toy while lying on their back.

### Seven - Eight months

Transfers a block/toy from one hand to another and starts to bang toys on a table.

### Nine months

Claps hands together  
Able to pick up tiny items such as cereal to finger-feed

### Ten months

Removes loose pegs from a peg board.

### ELEVEN MONTHS

Removes socks, releases tiny cereal onto the table, and places blocks into a cup which involves more visual motor skills.

### One Year Old - Two Years Old

Turning pages in a book, begins to place large puzzle pieces, scribble on paper, and imitates building a tower 4-5 blocks high.

### Two Years Old - Three Years Old

Imitates copying vertical lines, removes the screw top on a lid, stacks eight blocks, begins to snip with scissors, imitates horizontal lines, strings large beads, stacks ten blocks, copies a circle,