

Motion Guidance – Information Sheet

Supporting Movement Control, Coordination, Attention & Motor Learning

At Children's Therapy Services, we use a range of evidence-informed, functional neurology and movement-based approaches to support children's physical, sensory, and neurological development. Motion Guidance is one of these tools, providing interactive visual feedback to help children improve movement accuracy, coordination, and motor control.

What Is Motion Guidance?

Motion Guidance is a visual-motor training system that uses a light (laser) attached to the body (e.g., head, hand, or torso) to provide real-time feedback on movement. Children complete tasks by following or controlling the light, helping them develop awareness of their movement and improve accuracy.

This approach supports the brain to better understand and control movement by strengthening the connection between sensory input and motor output.

It is used to:

- Improve coordination and movement accuracy
- Enhance motor planning and control
- Develop body awareness and spatial awareness
- Support visual-motor integration
- Improve attention and engagement in tasks

Why We Use Motion Guidance in Our Clinic

Children who experience difficulties with coordination, motor planning, or attention may find it challenging to control their movements or complete tasks efficiently. Motion Guidance provides immediate visual feedback, helping the brain learn how to organise and refine movement more effectively.

Motion Guidance may be used to support:

- Improved coordination and motor control
- Better focus and sustained attention
- Enhanced body awareness
- Improved handwriting and fine motor skills
- Greater confidence in movement and tasks

Understanding How Motion Guidance Supports Therapy

Motor Learning & Neuroplasticity

- Provides real-time feedback to improve movement accuracy
- Supports repetition and skill development
- Strengthens neural pathways for coordinated movement

Visual-Motor Integration

- Links visual input with physical movement
- Improves tracking and coordination
- Enhances precision in tasks such as writing or sports

Body Awareness & Spatial Awareness

- Improves understanding of body position in space
- Supports posture and movement control
- Enhances coordination between different body parts

Attention & Engagement

- Uses interactive tasks to maintain focus
- Encourages active participation
- Supports sustained attention during therapy

How Motion Guidance Is Used

Motion Guidance is used during therapy sessions as part of structured, engaging activities tailored to each child's needs.

A typical session may include:

- Initial assessment of motor skills and coordination
- Use of a laser or light device attached to the body
- Target-based or tracking activities
- Progressive challenges to build skill and accuracy
- Integration with functional tasks and therapy goals

What Are the Benefits?

- ✓ Improved coordination and movement accuracy
- ✓ Enhanced motor planning and control
- ✓ Better attention and focus

- ✔ Improved visual-motor integration
- ✔ Increased confidence in movement and tasks

Who May Benefit?

Motion Guidance may support children who experience:

- Coordination or motor planning difficulties
- Dyspraxia or developmental coordination challenges
- Attention and focus difficulties
- Handwriting or fine motor challenges
- Difficulties with posture or body awareness

Is Motion Guidance Safe?

Yes. Motion Guidance is a safe, non-invasive approach that is used under professional guidance. Activities are tailored to each child's ability level to ensure safety and success.

Our Approach at Children's Therapy Services

Motion Guidance is integrated into a whole-child, individualised therapy plan which may include functional neurology, occupational therapy, physiotherapy, and sensory integration approaches. All interventions are aligned with meaningful, functional outcomes for each child.