

# Motor Imitation

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Speech is a complex motor and verbal task. One of the most important early steps in speech development is to copy or imitate movements.

Helping your child learn to imitate movements will improve eye contact and interaction. Set aside one or two periods a day to focus on movement imitation. Establish a time and place that eliminates distracting noises and reduces visual distractions. No specific time period is recommended. You know your child best. Remember these sessions should be enjoyable for you and your child.

To begin, sit at your child's eye level in a face to face position. This will assist eye contact and help direct attention. Children may be in a high chair during these play sessions to focus attention and reduce the tendency to roam the house. The following activities are perfect for beginning to learn to imitate:

## Motor Imitation

Clap	Wave	Scribble	Brush hair
Blow a kiss	Throw a ball	Push buttons	Stir with a spoon
Push the car	Pat the puppy	Knock blocks down	Hammer a peg
Open things	Pull off socks	Fly a plane	Put hats on
Blow bubbles	Brush teeth	Bang blocks	Tickle feet

Make a box of functional objects that can be used for imitation. Your box may include: **cups, blocks, cars, spoons, balls, hats, small boxes to open and close, toy hammer, toy vehicles, etc.**

There is no specific number of skills that your child must learn. The above activities are suggestions. Use your imagination!

