

3 Practical Takeaways



What infant natural motor skill development teaches us

From Adolph, K. E., Hoch, J. E., & Cole, W. G. (2018).
Development (of walking): 15 suggestions. Trends in
Cognitive Sciences, 22(8), 699-711.

- 1 “Infants often skip milestones or perform them out of sequence”**
 - Strict adherence to stages may be a “red herring” for planning interventions
- 2 Children “do not master simplified, isolated movements before advancing to more complex ones”**
 - “They practice it all simultaneously”
- 3 A good intervention approach based on children’s natural development includes a high amount of variable practice...**
 - That occurs in a complex real-world environment
 - Incorporating child-initiated movement
 - With frequent opportunities to experience the results of errors

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