

DYSPRAXIA (DEVELOPMENTAL COORDINATION DISORDER)

Developmental Coordination Disorder (DCD), also known as dyspraxia, is a common disorder affecting fine and / or gross motor coordination in children and adults. DCD can occur across the range of intellectual abilities.

DCD is an impairment in the organisation of movement - an immaturity in the way the brain processes information, resulting in messages not being fully transmitted.

DCD can have a significant impact on daily life activities, including memory, perception and processing as well as additional difficulties with planning, organising and carrying out movements in the right order in everyday situations. DCD can affect social and emotional development impacting upon emotional wellbeing.

The term Dyspraxia comes from the word 'praxis', which means 'acting' or 'doing'. Dyspraxia affects the planning of what to do and how to do it. It is associated with problems of perception, language and thought and can affect time management. Children may experience difficulties with self-care, writing, typing, riding a bike and play as well as educational tasks and recreational activities.

Verbal dyspraxia (also known as 'childhood apraxia of speech') can occur alongside motor coordination difficulties, or as a separate condition.

Children's needs are **individual** - some children may require additional support:

- Aspects of self-help skills, e.g. dressing (using fasteners), feeding
- Body and spatial awareness, e.g. directions to avoid obstacles, etc.
- Breaking down activities into small steps
- Carrying out a sequence of movements, e.g. negotiating a pathway, not bumping into obstacles or knocking things over
- Creating work routines - selecting equipment, focusing, completing tasks
- Fine motor skills for cutting, threading, writing
- Gross motor skills for in PE help with balance and co-ordination
- Organising themselves to commence a task, finding appropriate materials
- Reinforcement of verbal instructions, e.g. repeating clear, precise information
- Self esteem and wellbeing, creating confidence

FURTHER INFO: The Dyspraxia Foundation www.dyspraxiafoundation.org.uk