



## **Dyspraxia**

### **What is Dyspraxia?**

Dyspraxia, also known as Developmental Co-ordination Disorder (DCD), is a common disorder that affects movement and co-ordination. Dyspraxia does not affect intelligence but it can affect co-ordination skills and tasks requiring balance.

### **What difficulties might children with dyspraxia encounter?**

- they may have poor balance
- they may have poor posture and fatigue
- they may have poor integration of the two sides of the body
- they may have poor hand-eye co-ordination
- they may lack rhythm when dancing or doing aerobic exercise
- they may have a clumsy gait and movement
- they may have exaggerated “accessory movements” such as flapping arms when running
- they may have a tendency to fall, trip, bump into things and people

Children may have some of these difficulties or they may exhibit all of these difficulties.

### **How can you help at home?**

- have a daily routine in place
- to help them to process and organise tasks, try breaking things down into a series of tasks, eg getting dressed
- to help young children to improve their memory and organisation, ask them in detail about their day
- keep a family calendar, make lists and help them put their things away in an orderly manner
- help them practise the things they find difficult and make time for lots of repetition
- give lots of positive feedback and encouragement

### **Useful website**

[www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)