

Dyspraxia

Developmental co-ordination disorder (DCD), also known as dyspraxia, is a condition affecting physical co-ordination. It causes a child to perform less well than expected in daily activities for their age, and appear to move clumsily.

Research and helpful website

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/>

<https://dyspraxiafoundation.org.uk/>



Strategies to support your child

- A word processor may be used to complete some written tasks. If they can't type, encourage them to learn, so that they are able to use a Word Processor with more speed and fluency.
- Pupils may need to finish one task at a time.
- Offer routines and structure and create a quiet space for them to learn with no distractions.
- Checklists and visual timetables could be useful and natural breaks could be helpful.
- Give them something to fiddle with whilst you are talking to them or if you want them to focus. It can also be helpful to let them move around whilst they listen.
- Help your children develop their fine and gross motor skills and core stability

Games and activities for Children

Dance Mat typing <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Core Stability Programme

[https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st Move.pdf](https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf)



What to do if I am worried about my child

Speak to your child's class teacher either in person, email or telephone.

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