



How can I help at home?



Top strategies for helping your child with co-ordination difficulty/dyspraxia

Dyspraxia, also known as developmental co-ordination disorder (DCD), is a common disorder that affects movement and co-ordination.

Completing co-ordinated movements is a complex process that involves many different nerves and parts of the brain and any problem in this process could potentially lead to difficulties with movement and co-ordination.

Dyspraxia does not affect intelligence but it can affect co-ordination skills – such as tasks requiring balance or playing sports

For children with dyspraxia, the Dyspraxia Foundation offers local groups around the UK. Although there isn't a local group for Coventry and Warwickshire, there are groups in the surrounding areas such as Leicestershire, Staffordshire and Worcestershire. Please refer to the website below for their contact details and further information.

<http://dyspraxiafoundation.org.uk/groups/>

For those who wish to find out more about dyspraxia, this video is about a girl who has dyspraxia. She made this animation to help promote awareness of the condition and to show others the experience of having coordination difficulties.

<https://www.youtube.com/watch?v=ssfbXEc3tKc>

Treefu Tom is a CBeebies programme which was co-created with an Occupational Therapist and can help children with coordination difficulties.

<http://www.bbc.co.uk/ceebies/shows/tree-fu-tom>

The following Apps might also be useful

(You may find some of these apps useful, which you can download from Apple Store or Google Play. Please note that there may be costs involved to download these apps).

Rebrickable is an app which helps match up the Lego pieces and designs; this is great for developing fine motor and construction skills.



Rebrickable <https://rebrickable.com/about/>

White Noise is an app that allows you to customise background sounds to listen to while relaxing or going to sleep, such as the soothing sound of a river, or the beautiful songs of birds.

<https://www.tmssoft.com/white-noise/>

Swiss Ball Exercises is an app that has exercises to improve balance through activities using a stability ball.

Workout for Kids is an app to support older children to get their daily dose of proprioceptive input (movement of the body, including movement related to external forces) by using the 7-minute Workout for Kids app.

<http://exactfitnessapps.com/7minkids.html>

This 'OT with apps' website provides lots of options for help with handwriting, a common problem for people with coordination difficulties.

<https://otswithapps.com/ots-with-apps-mtool-kit-6-2-2013/ots-with-apps-handwriting-apps/>

Websites

You may find the following websites useful. We have checked the websites but please note that they may not be completely up-to-date.

This website has useful resource packs for schools which have helpful advice on motor skills and coordination difficulties:

<https://www.covkidsot.co.uk/pages/resources.html>

For parents and carers who are interested in finding more about coordination difficulties, this website is about a Canadian company who lead a lot of research about coordination difficulties:

<https://canchild.ca/en>

On the Coventry and Warwickshire Neurodevelopmental Service on the Rise website, there are various parent resources for developmental coordination disorder and dyspraxia:



<https://www.covwarkpt.nhs.uk/service-detail/health-service/neurodevelopmental-team-childrens-22/>

Movement Matters was formed early in 2011 to act as an umbrella group to bring together the key bodies involved in Developmental Coordination Disorder/Dyspraxia in the UK:

<http://www.movementmattersuk.org/>

The Sensory Integration Network is a not-for-profit company providing training and support for parents/carers, children, young people and adults with sensory processing difficulties which can often include coordination difficulties:

<https://www.sensoryintegration.org.uk/>

The Inspired Treehouse is a blog from paediatric occupational and physical therapists, Claire and Lauren; they have some great suggestions for improving balance skills in children, all through play:

<https://theinspiredtreehouse.com/>

This website is also by an occupational therapist and offers useful information, advice and activity ideas to help coordination:

<http://www.ot-mom-learning-activities.com/coordination-skills.html>

This article explains how dyspraxia can cause emotional distress and anxiety throughout life:

<http://theconversation.com/dyspraxia-is-more-than-just-clumsy-child-syndrome-it-can-cause-emotional-distress-and-anxiety-throughout-life-66948>