

<u>Dyspraxia/Developmental Coordination Disorder</u> A condition affecting physical coordination.		Approximately 5% of the population [1] 	
<u>Skills you may have:</u> • Enjoy learning new things • Be interested in the world around you • Have lots of ideas • Enjoy having conversations with others		<u>Challenges you may face:</u> • Using equipment • Navigating spaces, coordination, and balance • Organisational skills • Writing and fine motor skills • Memory and concentration • Be more clumsy than others around you	
			
Daniel Radcliffe Actor (Harry Potter)	Cara Delevigne Supermodel and Actor	Florence Welch (From Florence and the Machines) Singer/Songwriter	David Bailey Photographer
All these famous people overcame challenges with coordination difficulties to experience incredible career achievements and ambitions.			
<u>Helpful Tips:</u>	• Occupational Therapy exercises to support fine motor, gross motor and organisational skills.		

	• Assistive technology such as pen grips, diaries, talk to text software. • If verbal dyspraxia (where words and speech can be muddled), gain advice from speech therapy support. • Relaxation techniques • Using electronic support aids such as can openers, electric toothbrushes etc.
<u>Useful Websites (Hyperlinks)</u>	Dyspraxia (DCD) - British Dyslexia Association (bdadyslexia.org.uk) Information Sheets Dyspraxia Foundation Developmental co-ordination disorder (dyspraxia) in children - NHS (www.nhs.uk) Developmental Coordination Disorder in Children Understood - For learning and thinking differences (this is an American based website containing a large number of really helpful short resource videos and supportive activities to complete at home. Some of the pathway to support advice will not apply to the UK route for support – see websites above for support routes) [1] Dyspraxia Foundation - 30th Anniversary Dyspraxia/DCD Awareness • If you have any ongoing concerns about your child, please contact the Special Educational Needs Coordinator at your child's setting (school, college or nursery) or contact your GP for further advice.