

Special Educational Needs



Dyspraxia

What is dyspraxia?

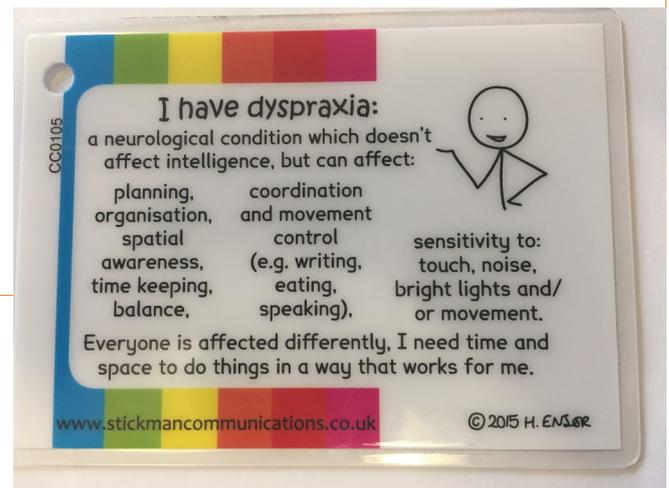
Dyspraxia is a condition affecting physical movement and co-ordination in children and adults. It can also be known as a developmental co-ordination Disorder. These difficulties are usually common from an early age and make it difficult to carry out everyday activities that others manage easily. They may be described as clumsy.

Difficulties may include:

Movement

Organisation and planning

Speech and language



Important things to know about dyspraxia or DCD

- Children with dyspraxia have many strengths.
- Dyspraxia has no relevance to intelligence.
- Dyspraxia sometimes runs in families.
- Dyspraxia affects around 5% of school-aged children and 2% severely.
- Dyspraxia is thought to be around 3 or 4 times more common in boys than girls.
- It is unknown why some people have Dyspraxia.
- Because children develop at different rates, a definite diagnosis does not usually happen until a child is 5 years or older. If you are concerned about your child's development, talk to your child's class teacher to see if they share your concerns and to your GP.

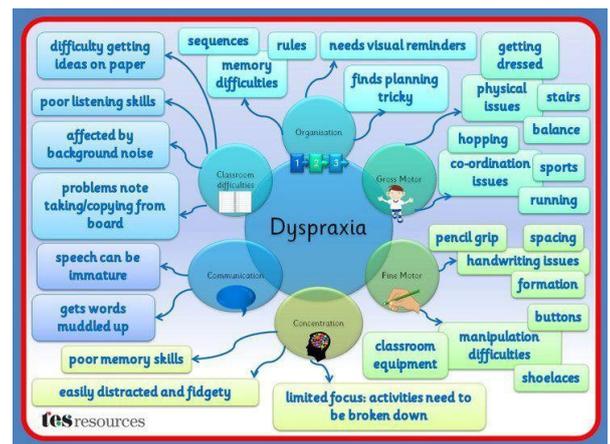
Signs of dyspraxia or DCD

Gross motor skills:

- Late in reaching milestones e.g. rolling over, sitting, standing, walking, and speaking in pre-school children
- Has difficulty walking up and down stairs
- Falls over frequently
- Poor balance and difficulties learning skills involving coordination of body parts, such as riding a bike or swimming. May not be able to run, hop, jump, catch or kick a ball although their peers can do so. May avoid PE and games
- Has difficulties learning anything instinctively and must be taught skills

Fine motor skills:

- Poor pencil grip with slow, poor or illegible handwriting
- Presentation of work may be untidy
- Struggles to do jigsaws or shape sorting games
- Writing and artwork can be immature
- Poor at dressing/undressing



Social, communication and emotional difficulties:

- Has difficulty keeping friends; or judging how to behave around others
- May struggle with low self-esteem and/or lack confidence, frustration, defensive or aggressive.
- May experience anxiety
- Struggles in class but performs significantly better on a one-to-one basis

Organisation, memory and attention span:

- Unable to remember and follow instructions
- Attention span is short and may be easily distracted
- Takes time to retrieve information
- May have trouble with maths and writing structured stories
- Has poor organisational skills
- Finds it difficult to copy from the board
- Has little understanding of concepts such as 'in', 'on', 'in front of' etc.

Helpful strategies at school and at home...

- Give one instruction at a time.
- Repeat instructions and check they have understood what has been said and what they need to do.
- Find ways to remember information by using lists and/or diaries so they can tick off things as they go.
- The use of equipment such as sloping boards and pencil grips will be used in school to make tasks easier for a child.
- Teach your child ways to do activities they find difficult by breaking them down into smaller parts and practicing them regularly.
- Help develop organisation strategies such as set routines, pack school bags the night before.
- Buy clothes and shoes that are easier to fasten/unfasten, such as velco.
- Provide praise and support to build self-esteem.



Useful websites...

<https://dyspraxiafoundation.org.uk>

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

If you have any concerns about your child please speak to Mrs Deakin, our school Inclusion Manager, or a member of our Inclusion Team.

Some of this information to make this newsletter has been taken from the above websites.