



Developmental Coordination Disorder: A Parent's Guide



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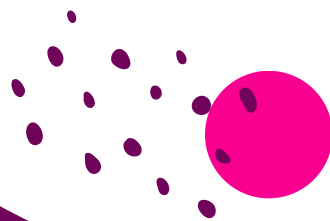
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What is Developmental Coordination Disorder (DCD)?

Developmental Coordination Disorder (DCD), also known as Dyspraxia, is a neurodevelopmental disorder that affects a child's ability to perform coordinated movements and motor skills. It is a lifelong condition that can significantly impact a child's daily life and activities.





Checklist for Parents: Characteristics of Developmental Coordination Disorder

Use this checklist to help identify potential signs of DCD in your child:

- ✓ Delayed acquisition of motor milestones
- ✓ Difficulty with basic motor skills (e.g., running, catching, jumping)
- ✓ Awkward or clumsy movements
- ✓ Poor hand-eye coordination
- ✓ Balance and posture problems
- ✓ Challenges in organising and planning movements
- ✓ Challenges with fine motor tasks (e.g., writing, drawing)
- ✓ Struggles with activities of daily living
- ✓ Avoidance of physical activities
- ✓ Frustration or anxiety related to motor tasks
- ✓ Lower self-esteem due to motor skill challenges



How is Developmental Coordination Disorder Diagnosed?

DCD is typically diagnosed by healthcare professionals, such as Paediatricians, Neurologists, or Occupational Therapists, through a comprehensive assessment. This assessment may include interviews, observations, standardised tests, and evaluations of motor skills and coordination.



What Steps to Take if you Suspect your Child has Developmental Coordination Disorder?

- 1. Consult a Healthcare Professional:** Talk to your child's Paediatrician or seek a referral to a specialist for a comprehensive evaluation.
- 2. Keep a Journal:** Document your child's challenges and behaviours to share with your child's healthcare professional during the assessment.
- 3. Gather Information:** Learn more about DCD from reputable sources to better understand the condition and its management.



Steps to Support a Child with Developmental Coordination Disorder:

If your child is diagnosed with DCD, it may be beneficial to complete the following:

Early Intervention: Seek support services as recommended by healthcare professionals.

Educational Support: Work with your child's school to create an Individualised Education Plan (IEP).

Build Self-Esteem: Encourage your child to focus on their strengths and interests to boost their self-esteem.



Strategies to Support Children with Developmental Coordination Disorder:

If your child is diagnosed with DCD, here are some strategies you can incorporate to support them:

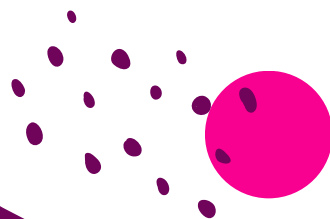
- Occupational Therapy
- Physical Therapy
- Sensory Integration Therapy
- Speech Therapy (if speech issues are present)
- Assistive devices
- Breaking tasks into smaller steps
- Visual aids and timers
- Structured routines
- Environmental modifications
- Positive reinforcement
- Develop cognitive planning skills
- Provide more time to learn/complete tasks

- Patience and encouragement
- Encourage physical activity
- Hobbies that promote coordination
- Fine motor skill activities
- Gross motor skill activities
- Yoga or Tai Chi
- Mindfulness and relaxation techniques
- Social support and peer involvement
- Monitor progress and adjust strategies
- Seek emotional support for both child and parent



Remember, every child with DCD is unique, and the strategies that work best may vary. Collaborate with healthcare professionals and educators to create an individualized plan for your child's needs.

Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





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