



Dyspraxia (1)

Dyspraxia is a developmental disorder that affects a child's coordination and motor skills. Children with dyspraxia may have difficulty with tasks that involve balance, movement, and fine motor skills, like writing, tying shoelaces, or catching a ball. They may also struggle with organizing their thoughts and completing tasks in sequence. Despite these challenges, their intelligence is typically unaffected.

DIFFICULTIES IN MOVEMENTS

- Incorporate regular, guided physical activities to help improve gross motor skills, such as jumping, skipping, or balancing.
- Use structured movement breaks to help the child improve coordination and release physical tension.
- Encourage activities like dance, swimming, or yoga that develop balance and movement control in a low-pressure environment.

COORDINATION PROBLEMS

- Break tasks into smaller, manageable steps, providing extra time to complete physical tasks.
- Use visual aids or demonstrations to show how to perform certain movements or activities.
- Encourage repetitive practice of specific movements with positive reinforcement, allowing the child to build muscle memory.

IMPAIRED FINE MOTOR SKILLS

- Provide alternative tools like larger pencils, grips, or scissors designed for children with motor difficulties to aid in tasks like writing or cutting.
- Include fine motor exercises, such as bead threading or playdough shaping, to strengthen finger muscles and hand-eye coordination.
- Allow for the use of technology, such as tablets or typing, as an alternative to handwriting in class.



Dyspraxia (2)

DIFFICULTIES IN TASKS SUCH AS WRITING, SKETCHING, CUTTING WITH SCISSORS, BUTTONING, AND TYING SHOELACES

- Give explicit instruction and additional practice time for self-care skills like buttoning and tying shoelaces, or use alternatives like Velcro shoes.
- Teach pre-writing and drawing skills through activities like tracing shapes or letters before moving on to freehand writing.
- Provide adaptive scissors and other tools, offering opportunities for guided practice in fine motor tasks in a low-stress setting.

TROUBLE UNDERSTANDING SPACE

- Use visual cues, like lines, grids, or spacing guides, to help the child with spatial awareness on paper and during classroom activities.
- Teach spatial concepts with hands-on activities, such as building with blocks, arranging furniture, or measuring objects.
- Encourage games and tasks that require spatial reasoning, like building simple models, to help the child gradually improve their spatial understanding.

IMPAIRED PERFORMANCE IN TASKS INVOLVING SPATIAL ABILITIES (E.G., SOLVING PUZZLES, ORGANISING TOYS)

- Use puzzles and pattern-based games that start with simple shapes and gradually increase in complexity to build spatial reasoning.
- Give structured guidance for organizing tasks, using visual labels and cues to help children sort and arrange objects.
- Incorporate activities that improve visual-spatial skills, like sorting objects by size or shape, or using picture-based instructions to help the child understand task sequences.

ATTENTION

Difficulty completing tasks and sustaining attention

Procrastination or avoidance of activities requiring fine motor skills

MOTOR SKILLS

Clumsiness or frequent accidents

Difficulty with fine motor tasks

Awkward or delayed gross motor movements

SPATIAL AWARENESS

Challenges understanding personal space

Difficulty organizing items or tasks

**TIME
MANAGEMENT**

Trouble with task
sequencing and
organization

Difficulty with
transitions

**EMOTIONAL AND
SOCIAL
BEHAVIOR**

Frustration or
emotional
outbursts

Avoidance of
group activities

Low self-esteem
related to physical
tasks

**PROCESSING
SPEED**

Slower task
completion

Difficulty keeping
pace with peers



Annex for Dyspraxia

ANNEXES / ADDITIONAL MATERIALS

- <https://my.clevelandclinic.org/health/diseases/23963-dyspraxia-developmental-coordination-disorder-dcd>
- <https://www.healthdirect.gov.au/dyspraxia>

BIBLIOGRAPHY

- **Aline-Wendy Dunlop.** *Dyspraxia: A guide for teachers and parents*
- **Susan McGurk, Judith L. R. D. B. Wallace.** *Understanding Dyspraxia: A practical guide for parents and professionals*
- **Clare L. O'Farrell.** *Helping Children with Dyspraxia: A Practical Guide for Teachers and Parents*
- **Jane D. R. B. Whittaker.** *Dyspraxia: A practical guide for teachers and parents*
- **Anna Barnett.** *Dyspraxia: A Parent's Guide*

WANT TO KNOW MORE SECTION

- <https://dyspraxiakids.com/dyspraxia-in-children/>
- <https://playworld.com/blog/playground-fun-children-dyspraxia/?lang=can>
- <https://www.youtube.com/watch?v=8dYz6pCjEy8&t=86s>