

## Useful Websites

### Can Child

<https://canchild.ca/en/diagnoses>

Provides useful information and advice about DCD for parents.

### Dyspraxia Foundation

[www.dyspraxiafoundation.org.uk](http://www.dyspraxiafoundation.org.uk)

This UK site provides advice, strategies and information regarding support groups.

### Box of Ideas

[www.boxofideas.org](http://www.boxofideas.org)

Provided by the Dyscovery Centre, University of South Wales, This site explains DCD in easy to understand way and again gives useful suggestions.

### Movement Matters

[www.movementmattersuk.org](http://www.movementmattersuk.org)

This site was created by leading specialists involved with children and adults with DCD.

### Children's Occupational Therapy

[www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy](http://www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy)

Information about the services we provide and useful documents such as the Occupational Therapy Resource Pack.

### NHS Greater Glasgow and Clyde

[www.nhsggc.org.uk/kids/resources](http://www.nhsggc.org.uk/kids/resources)

This website has lots of useful resources, advice and strategies.

## Useful Books

### Caged in Chaos

by Victoria Briggs:

Describing her life as teenager with dyspraxia.

### Can't Play won't Play

by Sharon Drew and Elizabeth Atter: Provides ideas / games for developing skills.

### How to understand and support children with Dyspraxia

by Lois Addy:

This practical book offers a wealth of ideas and strategies to support children with dyspraxia.

### Jack and the Disorganised Dragon

by Sharon Drew:

Magical fairy tale echoing experiences many children with Dyspraxia have.

## Contact Us

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## Advice from Children's Occupational Therapy

Developmental

Coordination

Disorder (DCD)



## General Advice

'Developmental Coordination Disorder (DCD) occurs when a delay in the development of motor skills, or difficulty coordinating movements, results in a child being unable to perform everyday tasks.'

*(CanChild 2011)*

DCD can't be cured **but**, the person can be helped to manage their difficulties.

DCD is thought to be more common in boys than girls and it can run in families.

Famous people who have been diagnosed with DCD / Dyspraxia are :-

- Daniel Radcliffe (Actor)
- Cara Delevingne (Model /Actress)
- Albert Einstein (Scientist)
- David Bailey (Photographer)

## What Do Occupational Therapists Do?

Occupational Therapists look at how these difficulties affect the person's functioning in their daily lives (self-care, classroom and leisure activities).

Occupational Therapy treatment aims can be:

- Working on specific activities the person has identified as difficult.
- Working with the person to complete the activity in a different way.
- Breaking the task into smaller steps.
- Adapting the task or environment.
- Develop person's body awareness to help their movements.

## What Can I Do To Help? A few suggestions

- Leisure pursuits — martial arts, drama, trampolining, rock climbing, horse riding, swimming, cycling, music, arts & crafts.
- Hand squeezes and making 'stars' (stretching fingers wide) - excellent activity to do prior to writing.
- Fine motor play with playdough, plasticine, pastry or clay, construction sets.
- Pushing e.g. helping to move furniture.
- Pulling e.g. tug-of-war.
- Crawling - through tunnels or just around the house.
- Further advice can be found in **The Resource Pack** on our website.  
[www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy](http://www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy)
- Encourage regular unstructured outdoor play, gardening or playing in the garden, den building.

