

SPOTLIGHT ON SEND

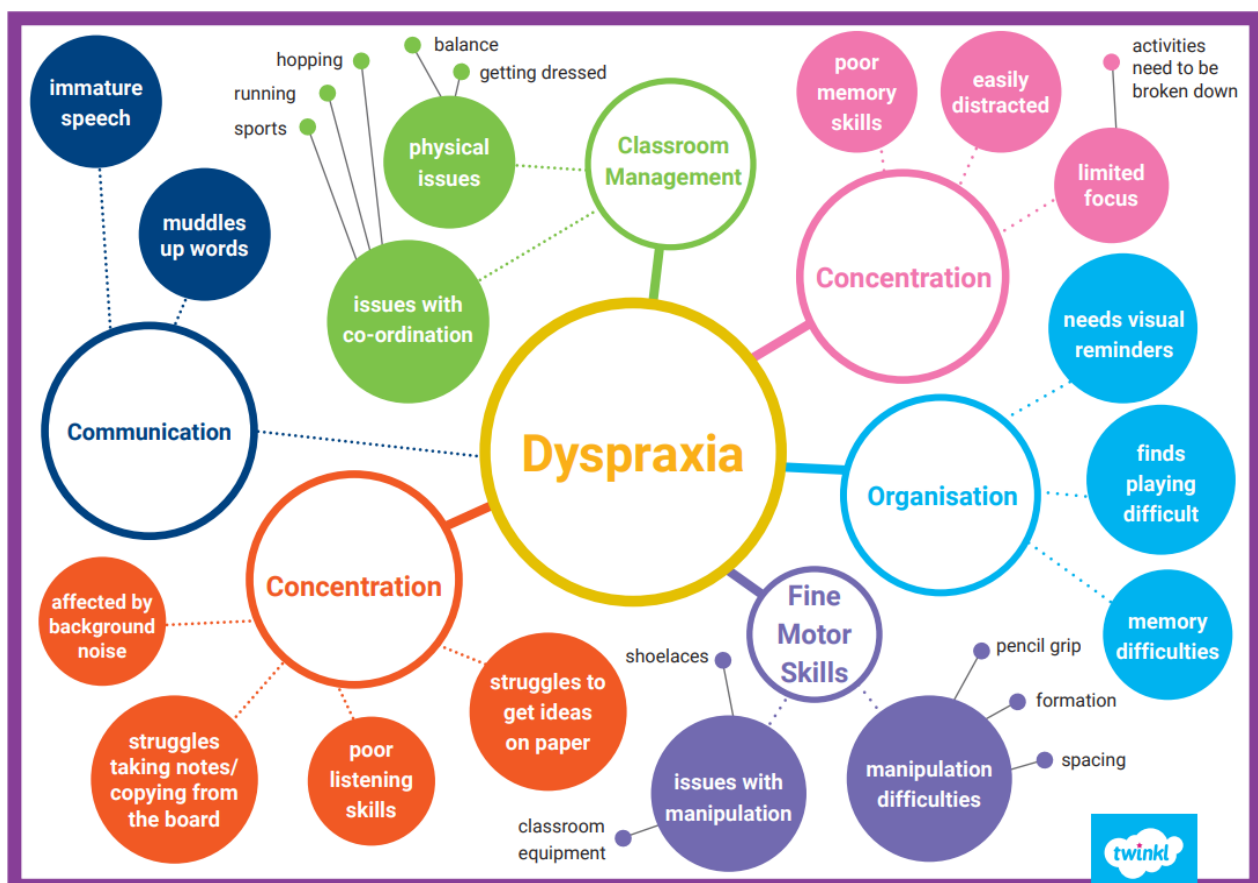
D Y S P R A X I A

If you have any questions please contact Mrs Downs, our Inclusion Leader.

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Dyspraxia is also known as Developmental Coordination Disorder (DCD).

It has been described as a "difficulty getting our bodies to do what we want when we want them to do it"



How to help

Clothing

- Lay out clothing layer by layer, underwear on top
- Avoid tight neck-holes
- Buy trousers with an elasticated waist - saves fiddling with buttons and zips
- Trousers pleated at the front make identifying 'the right way round' easier
- Shirt collars one size larger than fits are easier to fasten
- Baggy t-shirts and shorts are easy and comfy

Eating

- Use a flexible straw with a drink to prevent spilling
- Don't fill cups too full
- Use a damp towel under plates to stop them from moving
- Sit down to eat where possible

Getting organised

- Keep to a daily routine
- Sticky notes stuck at eye level on doors are useful reminders
- Transparent purses and pencil cases let you see the contents easily
- Keep keys and purses on a long chain which clips to clothing



**DYSPRAXIA
FOUNDATION**

Incorporating Developmental
Co-ordination Disorder (DCD)