

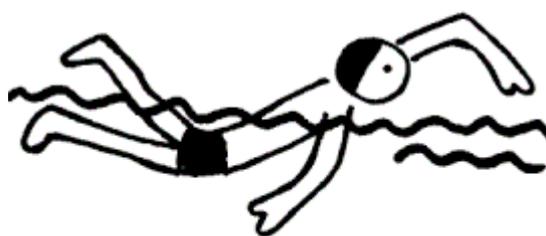


I have DCD

What does that mean?



If you have co-ordination or motor difficulties, (sometimes called dyspraxia or Developmental Co-ordination Disorder - DCD,) you probably work really hard in school, but will find certain things challenging. You might find handwriting and drawing difficult, or struggle with things like riding a bike, catching a ball or swimming. You might bump into people or knock things over. You may also find it hard to learn tables, draw shapes or plot graphs. However, you will probably find some things in school much easier, and be very good at some subjects – perhaps you have a super general knowledge, or are a whizz at science or reading!



You will not be the only person in your school or even in your class to have this challenge, and there are famous people who have dyspraxia: Daniel Radcliffe, (Harry Potter actor,) Nigella Lawson (TV Cookery programme presenter and writer,) Marco Pierre White (Chef, Restaurant owner,) and David Bailey (famous photographer) for example. They all found some things at school hard, but got good jobs and some of them earned lots of money too! This is because they

found ways around their challenge, and focussed on what they were good at.

To help you in school, we might decide to look more closely at your handwriting (Fine Motor Skills), or your balance and co-ordination (Gross Motor Skills) to see if we can get a better picture of the things you find challenging. We can then put things in place to help you, such as a writing or exercise programme. We have different pens, pencils, and pencil grips too which might help with your writing, and may start teaching you typing.

We may also suggest to your parents that they ask for a Physiotherapist to do some work with you at a place called Ryegate. The physiotherapist will get you to do some exercises and games, and will then suggest other things that your parents or teachers might be able to do with you in school and at home to help you with your learning challenge.

This is what some pupils at Rivelin said about *co-ordination difficulties*:

“I find writing neatly really hard, but I’m learning to type, and I’m getting quite fast now. Eventually I’ll be able to do my writing on the computer and it’ll look so much better!”

“I used to feel really clumsy because I was always bumping into people, or falling over my own feet! Now I know that there is a reason for this. I still find things difficult, but I know I can get better if I practise – I can throw and catch more easily now, and have learned to ride a bike.”

“I think using a pencil grip helps me with my writing, and it’s easier to read now.”

We hope that this information sheet has helped you to understand more about *co-ordination difficulties*.

