

Dyspraxia Food for Thought



52%

Research suggests 52% of children with dyslexia may also have dyspraxia



2x

Males are twice as likely to be diagnosed than females



10%

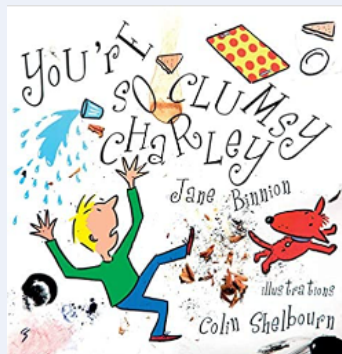
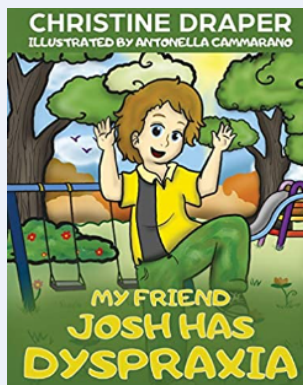
10% of people in the UK have at least mild to moderate dyspraxia

1. Video explaining Dyspraxia (shared with older students)

[Explaining Dyspraxia](#)



2. Recommended books for younger children with positive messages in explaining Dyspraxia (shared with our students)



Common difficulties

- Hand-eye coordination
- Spatial awareness
- Organisation
- Short-term memory
- Expressing thoughts clearly
- Difficulty concentrating for longer periods of time
- Following and copying instructions
- Dealing with big emotions
- Telling the time

Common Strengths

- Leadership
- Empathy
- Strategy
- Problem solving
- Great long-term memory
- Attention to detail
- Loyalty

"I often struggle to follow simple visual instructions - if someone shows me a dance step, for example, I can't do it."

"I could sit in front of a task I've done a million times, and be unsure what to do."

"My coordination is what I'd call random - I could be the best typist in the world, or the slowest, in the same day."

3. Recommended website

Below is an excellent website exploring Dyspraxia as well as Dyslexia, Hyperlexia, and Dyscalculia that focuses on career paths and the workplace.

[What is Dyspraxia? - Exceptional Individuals](#)

4. Positive messages and role models

Amazing TED talk by Ella Madeira, a young person with Dyspraxia, including a video of her aged 9 talking about her Dyspraxia and when she knew.

[Dyspraxic and Fantastic! | Ellie Madeira | TEDxCCGrammarSchool](#)

5. Helpful advice/strategies from OT

The following website has some great advice for parents for strategies to support your child in various activities.

www.shropscommunityhealth.nhs.uk/content/doclib/11328.pdf

Disclaimer: The information sheet advertises for parents to contact OT advice clinic for more support. Geshar are not endorsing this work or recommending these services. This has been shared with you for the information around strategies only. Please contact your child's OT (Miss Liv or Miss Ciara) for more strategies or advice.

6. Talking about your child's Dyspraxia

This information sheet using the link below is from the Dyspraxia foundation and offers helpful guidance in talking with your child about Dyspraxia. They recommend the books we have shared with our students plus others including 'caged in chaos' that we have now ordered for our older students.

<https://dyspraxiafoundation.org.uk/wp-content/uploads/2022/07/talking-dyspraxia-with-your-child.pdf>