



HJS SEND NEWSLETTER

Welcome to the half-termly Special Educational Needs and Disabilities (SEND) newsletter for Hillborough Junior School.

THIS MONTH'S TOPICS:

- Looking at Dyspraxia
- What causes it and what can we do?
- Books that might be helpful
- Activity to do at home

IMPORTANT!

If your child is on the SEND register and has an Individual Education Plan (IEP), you will find it on the Provision Map Edukey website or app.

You should have had a personalised login from school. Once you have registered with this, you will need to use your own password.

If you forget your password, use this website and select "forgotten password" to reset it.

<https://edukeyapp.com/parent>

WHAT IS DYSPRAXIA?

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

It has been described as 'difficulty getting our body to do what we want when we want it to do it.' This difficulty can be considered significant when it interferes with the normal range of activities expected of a child of their age.

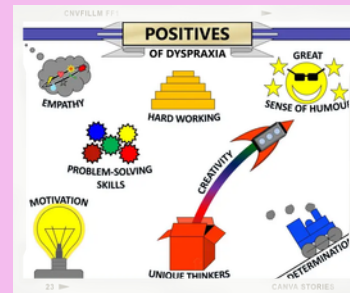
Dyspraxia can adversely affect speech and language, fine motor control and gross motor coordination.

It is a neurodevelopmental disorder in which the signals from the brain do not reach the muscles accurately. This leads to problems with planning movements accurately.



What to look out for:

- The child may have handwriting difficulties.
- They may show difficulties with using tools, utensils and cutlery.
- They may also not be able to run in a straight line, struggle with kicking, running, hopping and they could regularly bump in to people.
- The child may have a poor attention span and get easily distracted in class, which could lead to them disturbing others.
- The child may have difficulty understanding concepts such as 'in', 'on' and 'in front of'.
- They may be poorly organised due to the motor challenges of ensuring everything is in the right place.
- The child may find it difficult to follow instructions.
- They can struggle with explaining their needs or answering a question.
- The child may struggle with change and understanding how others feel.



What is dyspraxia?

Dyspraxia refers to trouble with motor skills, balance and coordination

- These include fine motor skills for making small movements like using a pencil
- Gross motor skills for making movements like kicking a ball
- Motor planning for doing multi step tasks like tying a shoe

A small illustration of a child with dark hair and a yellow shirt, sitting on the floor and playing with colorful blocks.

Dyspraxia can impact children and adults in a variety of ways that you may not always be aware of.

What causes Dyspraxia?

It is unknown why some children have dyspraxia.

There is no single cause. It is thought to be a problem with the way connections develop between some of the nerve pathways in the brain.

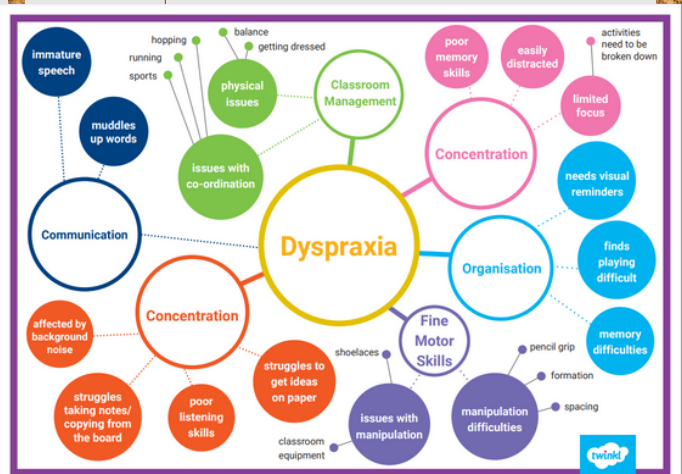
There may be a genetic component and premature babies seem to be at greater risk.

If you are concerned that your child has dyspraxia, see your doctor for advice and referral to other specialists.

Your child may be referred to, for example:

- speech pathologists for oral and verbal dyspraxia
- occupational therapists for oral and motor dyspraxia
- physiotherapists for motor dyspraxia

Each specialist will use a variety of assessment tools.



This mind map from Twinkl shows some of the difficulties that people with Dyspraxia face every day.

Activity for home

There are so many things you can do to support a child with Dyspraxia. Practise small movements such as cutting and sticking, threading and colouring, and practise big movement such as dancing, mixing, throwing and catching.

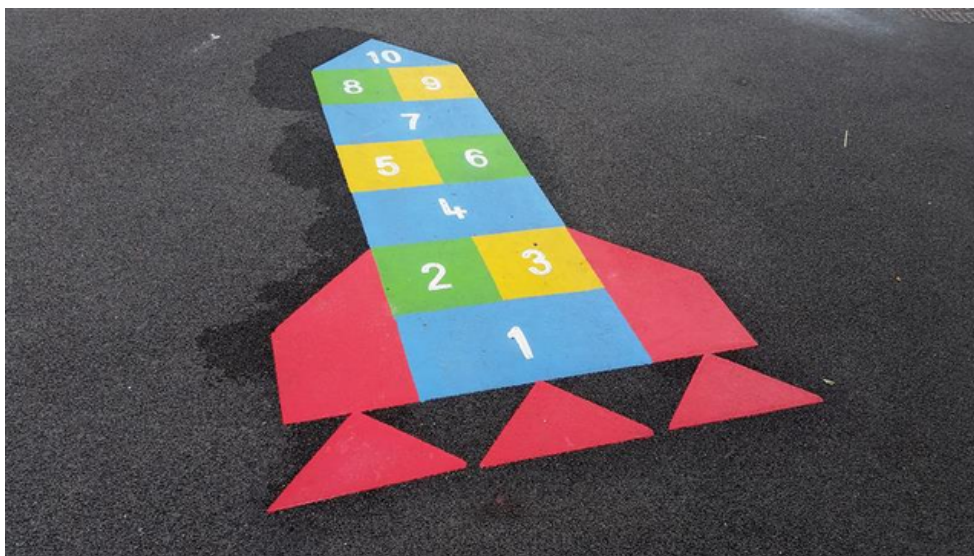
A great one to try is Hopscotch!

Use the pattern on paving slabs or draw squares onto a patio or pavement using chalk (it washes off!).

You then have to jump and hop between the numbers.

You could use bright colours and a design to appeal to the visual strengths in children with dyspraxia. Initially you could make the game easier by asking the child to alternate between using one foot and two feet firmly on the ground.

As the child progresses you could alter the level of difficulty by changing the instructions you give them.



Some books that might be helpful are...

