

Your child has their own set of qualities and preferences that needs to be cherished and nourished to ensure confidence and happiness



**Enable Ireland Meath Service
Aerbridge House
Dunshaughlin Business Park
Dunshaughlin
Co. Meath A85 XP48**

N3 from Navan Direction: drive through Dunshaughlin
Approx. ½ mile outside town take left turn into Dunshaughlin Business Park (signposted)
In business park take first right turn (there's a signpost saying 'Section 4' and sign for Enable Ireland) go to end of road (it's a cul-de-sac). The last building on left is Aerbridge House; Enable Ireland is around at the back of this building.

Phone: 01-8240696
Fax: 01-8240785
Email: admin.dunshaughlin@enableireland.ie



**Coordination
Leaflet
Information about
Coordination**

**Enable Ireland
Meath Service
Dunshaughlin**

Introduction to Leaflet

“My child is always bumping into things”

“My child is always dropping things”

“My child has difficulty keeping up with his class/team mates”

“My child has difficulty with coordination”

What is coordination?

Coordination is the ability to execute smooth, accurate, and controlled motor responses (movements), selecting the right muscle at the right time with proper intensity to achieve proper action. All bodily systems work together to produce a proper response to the stimulus.

What coordination difficulties look like

Your child may:

- Appear clumsy
- Bump into, or knock things over frequently
- Experience difficulty with **gross motor** skills (e.g. running, hopping, skipping, initiating a jump from a small height, climbing)
- Experience difficulty with **fine motor** skills (e.g. changing clothes, tying shoe laces, doing up buttons).
- Have difficulty **adjusting movements** in response to changes in the environment (e.g., gradually slowing down a movement, changing direction quickly)

- Have difficulty figuring out the necessary **force and direction** to throw an object or ball towards a target
- Have **difficulty positioning body** and hands in an optimal position to catch an object or ball
- Have difficulty **learning new motor skills**; once learned, certain motor skills may be performed quite well while others may be performed poorly
- Avoid or appear to be **uninterested in tasks that require physical activity**
- Demonstrate low frustration tolerance, decreased self-esteem, lack of motivation

How you can help your child develop their coordination

- Create a list of tasks that your child needs/wants to improve (e.g. tying shoe laces, cycling a bike).
- The practice needs to be task-specific in order to progress coordination, general coordination exercises do not work.
- The task needs to be motivating to the child and something they **want** to improve upon.
- If a child does not want to work on task then you must wait until the child is ready and in the mean-time provide support/adaptation to allow the child to complete the task.

Key Message

Not every child is going to be coordinated and able to perform in some sports / physical activity.

There is always something that your child will be good at and want to do. Explore all sports/physical activity that your child may like until you find something they want to work on. This is the best way to improve a child's coordination.

How you can adjust a task to correct level of difficulty

Complexity: Attempting the task in a simplified variation (Simple Task) then scaling to more difficult variation of the task (Complex Task).

Practice Amount: High or Low number of practice trials

Parts: Breaking the task into smaller parts

Practice Schedule: Practicing each step sequentially (blocked practice) or practice them non-sequentially (random practice)

Practice Distribution: Practicing a lot of trials in a short space of time (Massed Practice) vs a spread out space of time (Distributed Practice)

Practice Variability: Practice the task in the same environment and context (constant practice) or practicing the task in different environment and context

Example: How to adjust the task of doing buttons.

Adjusting the size of the buttons/holes (**Complexity**). Practicing the task in-front or on the child (**variability**). Starting off with getting the button to the hole or initially putting half the button in (**parts**).

When you need to see a Therapist

- If your child is experiencing pain
- If your child needs orthotics
- If your child does have major difficulty with their handwriting and will require assistive technology for school; your child may need a DCD Assessment.

Developmental Coordination Disorder

Also known as: DCD or Dyspraxia.

Not all children will need this assessment because the only benefit is to have access to assistive technology if is required. If handwriting is not highlighted then we will not be doing a DCD assessment.