

DEVELOPMENTAL COORDINATION DISORDER

Definition

Developmental Coordination Disorder (DCD) is a developmental motor skill disorder, which means a child's motor development is more delayed than other areas of development. These motor difficulties impact on the child's ability to perform academic tasks and/or daily living skills, such as dressing, using utensils, etc.

Symptoms

- Clumsiness
- Dropping things
- Poor organizational skills Frustration
- Low self esteem

Diagnosis

- Poor penmanship/printing
- Poor hand-eye coordination
- Reluctance to participate in sports Low muscle tone
- Fatigue
- DCD is determined by an assessment by a physician, often including a questionnaire about your child's motor skills. In addition, a muscle tone and skills assessment is often requested by an occupational therapist, physiotherapist, or kinesiologist.



Treatment

There is no cure for DCD. The basis of treatment is recognition and teaching motor skills at a developmentally appropriate level. Many children with DCD are not able to keep up with team, skill-based sports, and often are more successful in individual based sports. They often require more time and need extra support to learn basic skills with precision and accuracy.

Resources

CanChild dcd.conchild.ca

- This is great website about DCD with lots of useful information and handouts:
 - o Does your child have DCD?
 - o Children with DCD At Home, At School and in the Community
 - o DCD:What does it Mean to Me?(Forteens)