Dyspraxia

Abi Harrison-Nye

Symptoms

- Poor balance, coordination and general clumsiness.
- Difficulty with fine motor skills like handwriting or tying shoelaces.
- Trouble planning and organising physical movements.

Age & Gender

- Symptoms usually appear in early childhood.
- Diagnosed more often in males.
- Females are often missed as avoiding active play or having better handwriting can mask issues.

Misconceptions

- It’s not just being 'clumsy' or lazy.
- Children will not simply grow out of it.
- It doesn’t only affect movement, it often impacts organisation and memory too.

Diagnosis

- Assessment by a paediatrician, occupational therapist, or physiotherapist.
- Tests measure motor skills compared to age norms.

Support options

- Occupational Therapy helps improve daily living skills.
- Physiotherapy helps improve core strength and balance.
- Adaptations like using a laptop can replace handwriting.

Support

- Break complex physical tasks into smaller steps.
- Allow extra time for movements like dressing or eating.
- Avoid criticism for messiness or dropping things.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

AbiHarrisonNye.dev