

A child friendly definition of dyspraxia/DCD



In response to recent requests the Dyspraxia Foundation decided to ask some of 'our' children to let us know how they describe the condition to others. We were overwhelmed by the lovely and often humorous responses to the post which reached over 20,000 and was shared by 85 followers on Facebook. We have collated some of the comments here to mark **Dyspraxia Awareness Week (8—14th October 2017)** which focusses on primary aged children; a group of children who are falling 'under the radar' and missing out on vital support in schools.

A definition for a primary aged child

'Dyspraxia (some people call it DCD) means that your brain is 'wired up' differently. It is a very clever brain that somehow has got 'mixed up' and that means that things to do with moving, learning and perhaps speaking too are harder for you.

It is not your fault and there are lots of ways to help you master the things you find difficult.

You should be very proud of how much harder you work all the time in everything you do.'

It is important that you know that you are not lazy, stupid, difficult or slow, and that you might at times feel angry because you get muddled or find some things so much harder than other people do. Things like writing or doing fiddly things like tying up laces, or riding a bicycle or games at school. Your thoughts and words might sometimes get jumbled up and you might know what you want to do but somehow just can't do it. You might forget things too.

These things happen because your brain works in a different way to most other people (like a super power that no one else has). It has very real strengths and you will probably be more creative, funny, and kind to others. You are full up with lovely qualities.

Dyspraxia doesn't go away but, with help, you can learn to live with it really well and can overcome many of the difficulties it causes.

You are dyspraxic and **FANTASTIC!**

How the children explain dyspraxia/DCD

Oliver 10 yrs 'My brain works a bit differently and makes me do random gravity checks a lot' (aka falling over) 'and means I don't really like PE or music or writing. I like reading though'

Leon 8 yrs 'just get tangled up in my head'

Debbie 'I'm part of the x-men and it's the name of my special power". It was why I had special PE lessons and I was clumsy to hide my powers'

Nellie 7 yrs who has verbal dyspraxia says 'I know what I want to say in my head but when I speak it comes out all jumbled up.'

Herbie 4 yrs 'My legs are sometimes wobbly so I go in my buggy. And my brain is wonky. It makes my legs floppy sometimes.'

Jacob 10 yrs 'if I wanted to stand on a box I would probably end up kicking it as the messages from my brain take longer or get muddled up on the way'

Toby 8 yrs 'Dyspraxia means I have to work a bit harder to make my brain and my body be best friends'

Logan 8 yrs
'I'm special,
my brain
is different.'

Ben 'You know dyslexia makes people mix up letters? Dyspraxia essentially does the same but instead of letters it's actions like my reflexes might be a bit slow'

Grace 7 yrs 'I day dream A LOT! I do wonky writing when I don't have any lines on paper, I love art although my lines are wonky. I get frustrated with my work if it's hard, loud noises are nasty to me but I love singing xx'

Oliver 7 yrs 'I'm just the same as everyone else I just work harder at things everyone else can do quicker making me unique '

Tanner 10 yrs from Vancouver Canada says 'that was my DCD', sometimes I can't always do the action I'm trying or thinking about '

Martha 8 yrs 'our brains are computers and computers have loads of wires and mine are all tangled up and twisty'.

Isabella 9 yrs "My brain makes me do things a little bit different. Sometimes i find things a little bit tricky"

Enzo 5 yrs 'the floor loves me!'

Freddie 8 yrs 'I'm quite clumsy and my fingers can't do everything they should'

Scarlet 7 yrs 'Scarlet calls it her super power'

Grayson 7 yrs 'dyspraxia makes all the little things in your brain twisted '

Further information available from: Dyspraxia Foundation, 8 West Alley Hitchin Herts SG5 1EG

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