

Dyspraxia/DCD Ireland ADL Clinic

Introductory Information

General Tips and Information:

- These videos and resources are designed to support your learning and teaching of new skills.
- Feel free to stop the video at each step and allow time to process and implement information.
- It is encouraged to practice the skill yourself beforehand and to try teaching the skill to someone else to troubleshoot any issues that your child may encounter along the way.
- Below you will find some information to maximise the benefit of these resources as well as to support your safety in doing so.

Set up:

- Find a comfortable and well-lit space.
- Make sure you are at a workspace of an appropriate height – have your feet on the floor and keep your back straight.
- Make sure you have your area and equipment prepared and laid out.
- Consider establishing left and right discrimination before beginning tasks

Tips for teaching:

3 Cs of communication – clarity, conciseness, and consistency. Provide the same clear, short instructions each time to avoid any confusion and to create a structured, stepwise approach in your child’s head.

- **Little and often** – remember your child may not learn all steps in one go, encouraging short, regular practice and teaching sessions over a longer timeframe may be beneficial.
- **Affirm** success and **encourage** effortful attempts, celebrate each step completed as a success and provide praise for effort and not just end result.
- Be **patient** – give your child enough time to process, attempt, succeed and fail, potentially giving several sessions before completing all steps.
- **Grading:** as your child master’s the skill over time, think about carrying out the task in more difficult scenarios such as in a busier environment.

Disclaimer:

It is the responsibility of the caregiver to ensure that the child is supervised by an adult/caregiver while completing all exercises or recommendations during sessions outside of sessions and that if there is any doubt in relation to the strategy or you or your child's ability to perform this safely, it should not be completed.

It is the responsibility of the caregiver (or the individual if over 18) to ensure that the location of any activities or interventions being undertaken is deemed safe.

If you or your child experiences any discomfort or strain the activity should be stopped immediately.

Further information is available from:

Dyspraxia DCD Ireland

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