

Parental Workshop (online) – Understanding and supporting your child with Dyspraxia/DCD by Dr Dorothy Armstrong

Overview

Dyspraxia Ireland are delighted to announce an online parental workshop, hosted by Dr Dorothy Armstrong.*

This **online** training course is run over **three consecutive weeks** and is designed for parents and others who support children and young people with Dyspraxia (DCD).

This course will enhance participant's, understanding of the condition and provide tools to support children and young people who have difficulties with motor skills, coordination, and daily living activities by assisting them to develop the skills and confidence to reach their goals.

Dyspraxia or Developmental Coordination Development (DCD) is a neurological condition which affects fine and gross motor skills, and co-ordination. It does not affect intelligence but it can cause challenges in planning, processing information and instructions, organisation and time management. Dyspraxia (DCD) may cause challenges in carrying out gross motor tasks such as playing sports, riding a bicycle or learning to drive a car and can also affect fine motor skills such as writing or using small objects. Despite its common occurrence, it often goes unrecognised due to the hidden and diverse range of challenges experienced by children and adolescents affected by it.

***Numbers are limited and further courses will be added depending on demand**

Course Schedule and Timings

Workshop 1 – Thursday 14 March - 7pm – 8.30pm

- An overview on Developmental Coordination Disorder (DCD)/Dyspraxia
- Overview of common everyday problems for children with DCD/Dyspraxia and strategies to address them
- Goal setting with your child – what everyday tasks are they struggling with and which are most important for them to manage?

Workshop 2 – Thursday 21 March - 7pm – 8.30pm

- Understanding the barriers for children in managing everyday tasks
- Planning with your child to help them achieve their goals for managing everyday tasks and building their independence

Workshop 3 – Thursday 28 March - 7pm – 8.30pm

- Enabling your child to learn the skills that matter to them – from plans to action

- Lived experience – conversations with a young adult with DCD who talks about his experience of using the strategies you've learned on your course



Outcomes

By the end of this course participants will:

- ◆ Have gained greater understanding of the Dyspraxia (DCD) and will have gained greater confidence in how to support a child or young person to achieve skills of everyday living.
- ◆ Have acquired the knowledge and skills to support a child or young person to achieve skills of everyday living.
- ◆ Have developed the skills to co-design and implement an action plan with the child or young person.
- ◆ Have had the opportunity to share learning and discussions with other parents and supporters.
- ◆ Recognize the importance of a long-term self-management approach in supporting the child's and family's health and well-being regarding dyspraxia (DCD).

Course Facilitator

Dr Dorothy Armstrong (MSc PhD) is an expert occupational therapist who specialises in the area of neurodivergence (Autism, ADHD, Developmental Coordination Disorder / Dyspraxia). She works on projects to promote inclusion and delivers training, education and advice to organisations such as schools, community groups and businesses. She has made television and radio appearances and is the author of the book 'The Next Adventure: Transitioning to Secondary School when you have Developmental Coordination Disorder'. More information about Dorothy can be found on her website: www.dorothyarmstrongconsultantot.com

****Course booking – important details to note****

- ◆ The course cost **€50 for non-members and €40 for members**. You can become a member by following this link [Dyspraxia/DCD Ireland - Become a Member](#)
- ◆ Numbers for this online course will be **limited** in order to allow for participant engagement.
- ◆ Further courses will be added depending on demand.
- ◆ Workshops **will not be recorded** as there will be live participant engagement so it is preferable that you can attend all three sessions.
- ◆ **Log in details** will be sent in the days prior to the course commencing.

Please note - This course is delivered fully ONLINE.

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