



THE  
**HOUSSON CENTER**  
PSYCHOLOGICAL AND EDUCATIONAL SERVICES

8100 Lomo Alto Dr., Suite 100 · Dallas, Texas 75225  
Office: (214) 351-0053 · Fax: (214) 351-5581

## Developmental Coordination Disorder

Children who are very uncoordinated for their age may have a disorder called **Developmental Coordination Disorder (DCD)**, or **dyspraxia**. These children commonly drop, break and bump into things. They may have trouble with small movements like eating with a spoon or holding a pencil. However, nothing is wrong with their muscles. Instead, these coordination issues occur because their brains have trouble telling their bodies what to do.

### Statistics

- It is more common in boys than girls
- 5% of children have DCD

### Symptoms

- Delayed in physical milestones, like sitting, crawling, and walking.
- Trouble with coordinating both sides of the body, called bimanual coordination, such as holding a paper with one hand and writing on it with the other.
- Lack of desire to write or use one's hands, or more gross motor skills like running or riding a bike.
- Disengagement with peers in order to isolate oneself from physical activity.

### Types of Disorders

**Fine Motor:** Children cannot control their hands the way that they want to, so they struggle with fine motor skills like writing.

**Gross Motor:** Children have trouble coordinating their body in space, so they struggle with gross motor skills like riding a bike.

## Risk Factors for Children

- Premature birth, specifically before 37 weeks of pregnancy
- Low birth weight
- Maternal consumption of alcohol or drugs during pregnancy
- Family history of DCD

## Treatment

Practicing skills many times, more than most children would require	Accommodations, like using a keyboard or voice-activated laptop
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## How Can I Help My Child?

- Children need parents' patience and understanding that they might need more practice in developing a skill than other children would require.

## Resources:

- [Developmental Coordination Disorder | Psychology Today](#)
- [Understanding developmental coordination disorder \(DCD\) \(understood.org\)](#)
- [Problems With Coordination | Dyspraxia | Child Mind Institute](#)
- [Developmental Coordinate Disorder - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)
- [Dyspraxia: What It Is, Causes, Symptoms, Diagnosis & Treatment \(clevelandclinic.org\)](#)
- <https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/>

## Extra Helpful Resources (Books)

- *The Whole Brain Child* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *How to Talk so Little Kids Will Listen* by Joanna Faber and Julie King
- *How to Talk so Kids Will Listen and Listen so Kids Will Talk* by Adele Faber and Elaine Mazlish

- *No-Drama Discipline; the Whole-Brain Way to Calm the Chaos and Nurture your Child's Developing Mind* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *Breaking Free of Child Anxiety and OCD* by Eli R. Lebowitz, Ph.D.
- *Freeing your Child from Anxiety* by Tamar E. Chansky, Ph.D.