

Dyspraxia, also known as Developmental Coordination Disorder (DCD) is a disorder that affects fine and/or gross motor coordination. People with dyspraxia may appear 'clumsy'.

People with Dyspraxia may:

- Find coordination harder and struggle with spatial & directional awareness, e.g., keeping lines straight
- Take longer to process information especially when asked questions or instructions.
- Struggle with balance
- Experience poor proprioception meaning they may struggle with instructions relating to the body
- May find it harder to concentrate.
- Be clumsy when completing tasks.
- Find it hard to control their body through movements.
- Struggle with fine motor skills and have poor handwriting.

In Pony Club this may look like:

- Struggling with balance and coordination.
- Finding it harder to concentrate.
- Being clumsy when completing tasks.
- Finding it hard to control their body through movements.
- Struggling with fine motor skills such as tying ropes and haynets or holding reins correctly.
- Confusing lefts and rights.

How can we support Members?

- Be patient and don't judge.
- Ask the parent, carer or the child, (if appropriate), what works best for them and how they like to be supported.
- Demonstrate exercises or given them pictures to show them what to do instead of verbal or written descriptions.
- Break complex movements down into smaller parts
- Use imagery to give body related instructions
- Remove any information that isn't necessary for the task

Did you know...

Hannah Cockroft, British wheelchair racer, nine-time Paralympic Champion and nineteen-time world champion has Dyspraxia.

