

Supporting Children with Co-ordination, Motor Skills and Handwriting

<p>Information and Websites</p>	<p>https://dyspraxiafoundation.org.uk/ http://www.movementmattersuk.org/</p>
<p>Resources / ideas</p>	<p>Dancemat Typing – free beginners typing course for children https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr</p> <p>Motor skills development: https://www.lincolnshirecommunityhealthservices.nhs.uk/application/files/2915/2285/5110/1st_Move.pdf</p> <p>Teach Handwriting A range of handwriting resources including activities to support fine motor skills development https://www.teachhandwriting.co.uk/</p> <p>Learn to Write Letters and Words – Writing Wizard Designed to help learners trace letters, numbers and words https://lescapadou.com/</p> <p>Lots of different handwriting activities https://www.theschoolrun.com/search/apachesolr_search/handwriting?filters</p> <p>Fitness sessions from Jump Start Jonny https://www.jumpstartjonny.co.uk/</p> <p>Fine motor skills sessions from Griffin Occupational Therapy https://www.griffinot.com/</p> <p>Dance sessions from DDMIX https://diversedancemix.com/</p> <p>GoNoodle - videos designed to get kids moving https://www.gonoodle.com/</p>
<p>Tips</p>	<p>-Allow children to use a word processor to complete some written tasks. If they can't type, encourage them to learn, so that they are able to use a word processor with more speed and fluency.</p> <ul style="list-style-type: none"> - Offer routines and structure. - Create a quiet space for them to learn with no distractions. - Give them something to fiddle with whilst you are talking to them or you want them to focus. It can also be helpful to let them move around whilst they listen. - Ask them to do one task at a time. - Provide checklists or visual timetables to support organisation. - Use timers to help with time management and build in frequent movement breaks. - Play lots of games with your child to encourage social skills, such as taking turns and winning and losing. -Provide physical activities to get your child moving. - Help your children develop their fine and gross motor skills and core stability. (see resource below) https://dyspraxiafoundation.org.uk/dyspraxia-children/classroom-guidelines-schools-teachers