

# NEURO-DEVELOPMENTAL DISORDERS

## DYSPRAXIA

### 10 TIPS TO HELP YOUR CHILD



**eudonia**  
accompagner pour réussir

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# 01

## Definition of dyspraxia

Dyspraxia is a neurological disorder that affects movement planning and coordination. It is often described as “pathological clumsiness”.



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## Causes of dyspraxia

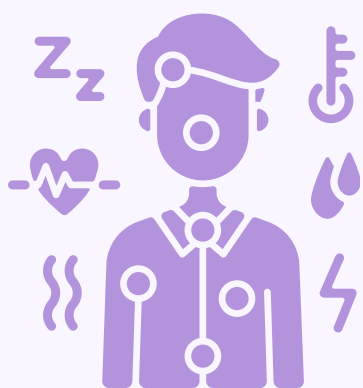
The exact causes of dyspraxia are unknown, but it is often linked to abnormalities in brain development. Genetic and injury factors may play a role.



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## Common symptoms

Symptoms include difficulty performing fine motor tasks, such as writing, cutting with scissors, or dressing. Children can also have balance problems.



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## Diagnostic

The diagnosis is usually made by a healthcare professional, such as a neurologist or psychologist, after a series of tests and assessments of motor and cognitive skills.



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## Treatment and support

Although dyspraxia cannot be cured, interventions such as occupational therapy and school accommodations can help improve the quality of life of those affected.



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## Impacts on schooling

Children with dyspraxia may experience difficulties in school, particularly in writing and sports, which can affect their self-esteem and academic performance.



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## Adaptations and aids

Tools like note-taking laptops, specialized education programs, and motor skills exercises can help children with dyspraxia live better with their dyspraxia.





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## Dyspraxia and daily life

Adults with dyspraxia may have challenges managing everyday tasks, such as cooking or driving, but management strategies can alleviate these difficulties.



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## Emotional impact

Dyspraxia can lead to frustration, anxiety, and depression due to the constant difficulties and social challenges faced. Psychological support may be beneficial.



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## Practical advice



Some tips to help  
your child

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## Tests

Have your child tested to be sure of the diagnosis



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## Use technological tools

Request the use of laptops or tablets for note-taking and homework



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## Adapt school materials

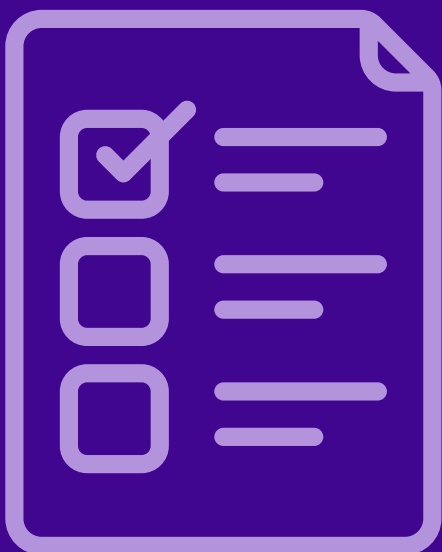
Buy ergonomic pencils, suitable scissors, and notebooks with wider lines to make writing and other fine motor tasks easier.



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## **Divide complex tasks**

Break tasks down into smaller, more manageable steps. This helps the child understand and complete each step without feeling overwhelmed.



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## **Use visual supports**

Integrate diagrams, images, and videos into lessons to help understand and remember information





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## **Arrange the workspace**

Ensure that the child has a work space that is well organized and free of distractions.

A clean and tidy desk can help with concentration.



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## Take regular breaks

Allow regular breaks to avoid fatigue and frustration.

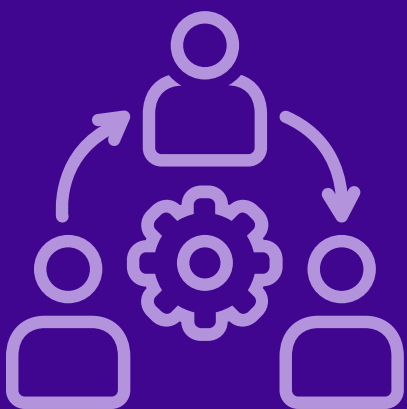
Relaxing activities can help the child refocus



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## Encourage personal organization

Teach organizational skills, such as using a planner, to-do lists, and color-coding school subjects



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## Emotional support

Be patient and encourage the child. Recognize your efforts and progress, even if it seems small.

A positive attitude will strengthen his self-confidence.



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## **Participate in extracurricular activities**

Encourage participation in extracurricular activities, such as music, sports or art. This will help him develop motor skills and strengthen self-esteem.



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