



# Developmental Coordination Disorder (DCD) Fact Sheet

## DCD is...

- ✓ **A motor skills issue** that makes it hard to learn new skills and adjust body movements.
- ✓ **A common condition.** Experts say at least 1 in 20 kids have DCD. Most don't outgrow it, but they can improve their motor skills.
- ✓ **A common co-occurrence.** Half of kids with DCD have ADHD. Learning issues, autism and speech and language issues are also common.

## DCD is *not*...

- ✗ **The same in all kids.** Some struggle with gross motor skills (big movements), and others with fine motor skills. Some struggle with both.
- ✗ **A sign of low intelligence or laziness.** Kids with DCD are as smart as their peers and are trying hard to improve motor skills.
- ✗ **A learning disability.** But it affects learning, and some kids with DCD qualify for an IEP.



## Ways to help kids with DCD



**Occupational therapy** can help kids work on motor skills. **Physical therapy** can help with balance and strength.



**Accommodations** like extra time to complete tasks and **assistive technology** like dictation software can help kids with DCD show what they know.



**Counseling** and **support groups** can help build self-esteem in kids who struggle with motor skills.

## What is dyspraxia?



Dyspraxia is an older term that some people use interchangeably with developmental coordination disorder (DCD). Experts prefer DCD because there is international agreement on the criteria for diagnosing it. Dyspraxia isn't as well-defined and sometimes is used to describe a broader set of issues.

