



This NEPS Handout has been developed by educational psychologists and is based on current knowledge in this area. It is intended as a guide only. Not all the advice here may apply to any one student or situation. Teachers and parents may wish to identify the strategies that will work best for them.

Resources to Support Students with Co-ordination Difficulties/ Dyspraxia



1. Handwriting Without Tears Programme

This programme is a very useful tool to help a child learn to form letters. It has a specific order of teaching the letters and might not be the same as the school programme you follow. There are a wide range of products to be used from Junior Infants to 6th Class.

2. Teodorescu Perceptuo- Motor programme, 'Write from the Start'

There are 2 books in this series which aim to improve fine motor and writing skills.

3. Sloped writing desk

This desk helps the student have better control over pencil and wrist movements while colouring and writing and can also promote a better sitting posture. A large A4-file instead of the sloped desk can also be used.

4. Therapeutic putty

The putty is good to exercise the hand muscles to prepare the hands for writing.

5. 'Movin' Sit' cushion

This cushion will promote a better sitting posture and the slight movement it offers may have a calming effect.

6. Scissors

These adapted scissors will aid with cutting tasks. The easi-grip and duo-control type scissors are good for children learning to cut. The self-opening scissors gives children with fine motor control difficulties extra support.

- **Easi-grip scissors** – scissors with a loop for early scissor use, for left and right hand
- **Duo-control training scissors** with double set of handle loops (right hand
- **Self-opening scissors**

7. Pencil grips

These are aids to promote a better pencil grasp. Pen and pencil holder (triangular grip for younger children)

8. Dycem

Dycem is a plastic type material with non-slip properties. This is good to use under books or paper to prevent it slipping.

9. Helpful Books& References on Sensory Integration/Dyspraxia

- Answers of Questions Teachers ask about Sensory Integration by J. Koomar, C.S. Kranowitz and S. Szklut; ISBN: 1-931615-03-9
- BuildingBridges through Sensory Integration by E. Yack, P. Aquilla and S. Sutton; ISBN: 978-1-931515-12-9
- How to understand and Support Children with Dyspraxia, by Lois Addy.
- Dyspraxia by Ripley and Danes. Fulton publishers.
- The National Center for Learning Disabilities (2006) has a useful outline of dyspraxia, what it is and how it effects children of different ages. <http://www.ldonline.org/article/14616/>
- The Irish Association of Occupational Therapists www.aoti.ie
- A Canadian website with information about children with co-ordination difficultieswww.canchild.ca
- For information about PE activities that are suitable for children in Junior and Senior Primary school, consider the following, collated by Michele Lee, physiotherapist
www.dyspraxiafoundation.org.uk/.../PE_Activities_and_dyspraxia.pdf

Possible suppliers

NEPS does not endorse or support any particular supplier. We are aware that the following can supply some of the resources listed above.

1. ETC Consult: 17 Lesson Park, Dublin 6; Tel: 01 4972067
2. Thinking Toys: Ballina, Killaloe, Clare; Tel: (061) 374402 or Mobile 086872760, Website: thinkingtoys.ie
3. LDA, Unit 11, Naas Road Business Park, Naas Road, Dublin 12 Tel: (01) 4273100, Fax: (01) 4273118, Email: slaes@ldalearning.ie
4. Lisheen Toys – Ballyheighue, Co Kerry: Tel: (066) 7133436
5. Physio Needs, 8-10 Bath Street, Irishtown, Dublin 4: Tel: 6602808
6. Murray's Medical: Murray's Medical Equipment Ltd., Airtown Park, Airtown Road, Tallaght, Dublin 24: Tel: (01) 8663330