

Top 10 Tips for children with Dyspraxia

- 1.** Use Velcro on clothes instead of buttons
- 2.** Do a tie up and then cut it at the back and put Velcro tabs to do it up
- 3.** Use elastic shoelaces or bungee (curly) laces
- 4.** Use a corkboard and have a timetable up of all activities in and out of school
- 5.** Pack the school bag and place it by the door the night before
- 6.** Look for good behaviour and praise it
- 7.** Try bending cutlery inwards to make it easier to use
- 8.** When seated place your child's feet on the floor so they have a stable base (use a book if they can't reach the floor)
- 9.** Use a damp tea towel under the plate to stop it from moving around
- 10.** When writing use an angle board (A4 Folder) to Lean on and try different shaped pens for comfort