

TEACHING TIPS AND CLASSROOM ACCOMMODATIONS

to help children with DCD to shine



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TO HELP WITH FATIGUE

Fatigue is common in children with DCD, at both a physical and cognitive level

You can help reduce the impact of fatigue by:

- Work with the child to identify comfortable and supportive seating options for mat time and assemblies
- Provide a table for use during mat time if work is happening
- Offer 'easy' tasks when you notice fatigue kick in
- Provide homework flexibility, knowing fatigue has an impact
- Limit multi-tasking and provide time-limits
- Break up tasks involving cutting, drawing and writing
- Offer a quiet space to sit alone if needed
- Work with families on a modified attendance plan if needed

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THE CIRCLE OF SUPPORT

Communication among teachers, school support staff, the child, family and health professionals is vital

You can help create a circle of support by:

- Using collaborative case management to create an IEP
- Support external therapists to attend school and observe the classroom
- Provide transition meetings at the start of the year, ideally including the previous years teacher/s
- Ensure ALL teachers, including specialist, are aware of the child's IEP and are involved in supporting them
- Talk to families about how they want to approach school sports, excursions, camps and other special events

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SUPPORTING EXECUTIVE FUNCTIONING

Often, those with DCD may also find tasks requiring skills like working memory and planning difficult.

You can help reduce executive function demands by:

- Providing sheets they can copy from on their desk, rather than requiring them to copy information from the board
- Break instructions and tasks down
- Provide specific checks: “how will you start the task?” rather than “do you understand?”
- Provide visual supports
- Provide one-on-one instruction, immediately following group instruction
- Providing a clear structure

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OTHER HELPFUL TIPS

Some other tips from families based on their experiences

- Enlarge some activities onto A3 paper to allow a greater margin of error
- Use a clipboard to steady papers while working
- Understand that a child may be inconsistent in what they can achieve from day to day
- Provide communication cards or other ways that a child can let you know when they are finding it hard
- Focus on participation and personal bests in physical education