

**If you see me,  
I might have Developmental  
Coordination Disorder.  
A referral to  
Occupational Therapy  
could benefit me.**



**In The  
Classroom**

- I struggle to use classroom equipment such as scissors, ruler or stapler.
- I struggle to copy from the board.
- I may have an immature pencil grasp or swap the hand I hold the pencil with.
- I am as clever as my peers.

**Around  
School**

- I often trip, fall, walk into or drop things.
- I may appear clumsy, awkward or inefficient with my movements
- It takes a lot of effort for me to learn new motor activities. I find it easier if you break them into smaller steps or let me have more time.
- Although I may 'get there', I often struggle to learn new motor activities and so may prefer to do things I've already learnt instead of learning new motor skills

**My Day**

- I'm friendly and sociable and want to join in but find sports or outdoor play difficult.
- Everyday activities such as getting dressed, tying shoe laces, buttons or zips are really difficult.
- I can be a messy eater. I struggle to use a knife and fork, often knock over my glass and spill food when eating.

**Moving  
and  
shaking**

- I have difficulties with more complex activities such as swimming or riding a bike.
- I look clumsy when I run and find it difficult to hop, skip and balance.

**Contact Us**  
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