CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Coordination developmental disorder

Motor clumsiness and difficulty learning skills that require coordination (tying laces, writing, sports), which interferes with daily and school life.

COMMON SIGNS

- Clumsiness, frequent falls or bumps
- Hard-to-read handwriting and slow writing
- Avoids sport and movement games

TIPS FOR YOU

1. Assessment by a physiotherapist or occupational therapist
2. Practise specific skills in short steps
3. Praise effort, not just the result

FOR FAMILY AND FRIENDS

1. Practise the skills together in short steps and through play
2. Choose individual sports where there's no comparison

WHEN TO ASK FOR HELP

1. If it limits their independence or schoolwork
2. If they are teased because of it

TO OBSERVE AND NOTE DOWN

☐ Is clumsier than other children their age
☐ Falls or bumps into things often
☐ Finds it hard to tie shoelaces or do up buttons
☐ Their handwriting is hard to read
☐ Writes very slowly
☐ Finds it hard to ride a bike or play ball
☐ Avoids sport
☐ Feels bad about being clumsy

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-del-desarrollo-de-la-coordinacion
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112