

WHY DO I FIND SOME MOVES TRICKY?

Lets Learn About Developmental Coordination Disorder (DCD)

DCD means that your brain and body don't always work together easily for movement. It's like your brain has awesome ideas, but your body takes a bit longer to catch up!

What Can Be Tricky?



Super Powers You Have:

You might find things like:

-  Writing neatly
-  Catching or kicking a ball
-  Running
-  Using scissors or crayons

... a bit harder than your friends—but that's okay!

- You never give up!
- You can find creative ways to do things.
- You have a great imagination
- You might be really good at things like stories, music, or games!

How Can We Help?

Practice makes you stronger! Grown-ups like teachers and therapists can help with fun activities. Using special tools or trying new ways can make things easier.

Remember:

You are awesome just the way you are!
Everyone moves and learns in their own special way
Having DCD doesn't stop you from doing amazing things—it just means you might take a different path to get there.