

# Co-ordination Difficulties

## Home strategies



EAST AYRSHIRE

**Health & Social Care  
Partnership**



**south ayrshire**  
health & social care  
partnership



Follow us on Twitter @CYP\_OT\_NHSAA



Find us on Facebook at [www.facebook.com/nhsaaa](http://www.facebook.com/nhsaaa)



Visit our website: [www.nhsaaa.net/services-a-to-z/children-and-young-peoples-occupational-therapy-service/](http://www.nhsaaa.net/services-a-to-z/children-and-young-peoples-occupational-therapy-service/)



All our publications are available in other formats



An individual with co-ordination difficulties has to put in a great deal more physical and mental effort to keep up with activities of daily living; this is hard to sustain. The individual may have strategies to avoid tasks they find difficult. A child/young person with co-ordination difficulties may always have challenges with some tasks and of learning new tasks and activities. All references to child / children means either a child or young person.

Praise them at every opportunity for all their effort, building a child/young person's self-esteem is the first step towards boosting independence with activities and tasks, building their social skills and performance. The following strategies can be helpful in supporting a child/young person in the home and community environment.

## General strategies

- Break instructions down into small steps. You can add more instructions once each step is completed. Give one step, then try two steps, then three to build up listening and retaining information skills.
- Be as visual and creative as you can with instructions and building of activities.

- Give time to process information and wait for a response. Rushing or interrupting can increase their frustration.
- Frustration can mean that the child requires some additional prompts or instructions to break the task down. If needed, take time away from the task before returning to complete.
- Use timetables/phones with reminders and notes to help organise and plan ahead.
- Practice new activities to build up skills. Be aware that your child may need additional support to succeed.
- Written instructions may be more beneficial – use a white board and pen, so when the task is complete it can be wiped off.

## Homework

- Consider use of a lap top for written work and homework (discuss with the school to agree what work is done on the laptop).

- Lying on the floor to do homework or read can help with organisation of the body and improve attention skills.



## Dressing and personal care

- Clothing – if the child struggles with fastenings then pick clothing that they can manage for example, joggers, Velcro shoes, use of elastic laces, t-shirts with logo on front, name split into two and written on inside of shoes to help identify left and right.
- Dressing skills can be practised at the weekend or during holidays when there is less pressure against time to get ready. Label items of clothing and drawers to help organisation skills.



- Household activities around the home can help with planning and organisation skills for example, setting the table, preparing snacks or help prepare a meal, sorting of washing, washing the dishes and putting away, loading dishwasher, packing school bag for next day.



## Sports and leisure activities

- Fine motor skills (or manual dexterity) is the coordination of small muscles and movements, involving the hands and fingers. Participation in tasks/games such as pencil activities, colouring, board games, arts and crafts or household chores that interest the child should be encouraged to build these skills.
- Gross motor skills are large movements your child makes with their arms, legs, feet, or entire body. Development of gross motor skills is encouraged through participation in activity/games/exercise/sports. If it is a new game/activity then break down the activity into steps to learn and build on. Practise at home. One to one support or in a smaller group can help build skills before participating with peers.

- Team games can be challenging for a child with co-ordination difficulties.
- Go over the rules and expectations of a game at a time when they are not learning/using the motor skills.
- Children with co-ordination difficulties may prefer individual activities/sports such as cycling, golfing, fishing, horse-riding running, athletics, skating, martial arts or swimming. Link with the coaches to make them aware of the child's difficulties, to build the skills and support to encourage the child to succeed.



- If motor activities are not for the child/young person then encourage them to engage in activities that are non-motor based such as music, drama, clubs to promote social experiences and the benefits of social participation.
- Reinforce the child's strengths and abilities that they may have in other areas for example creativity, imagination, reading and communication skills.

Motivation to practice and build up new skills can be exceptionally difficult, due to low confidence and self-esteem when they know the difficulties they have to learn and master something independently.

Be aware of; their speed of movement for example, slow and stop, breaking down of activities and for the parent/carer to step back to encourage independence in activities.

## Useful websites and resources

Useful websites to help with gross motor activity ideas:

- [www.playscotland.org](http://www.playscotland.org)
- [www.dayoutwiththekids.co.uk](http://www.dayoutwiththekids.co.uk)
- [www.visitscotland.com](http://www.visitscotland.com)

## East Ayrshire resources

- [www.galleoncentre.com](http://www.galleoncentre.com)
- Sports Development Officer, 01563 576351
- Active school co-ordinators and sports development officer can be contacted at:  
[Neighbourhoodactivities@east-ayrshire.gov.uk](mailto:Neighbourhoodactivities@east-ayrshire.gov.uk)
- Ayrshire Athletics Arena, 01563 555226/555227,  
[aaarena@east-ayrshire.gov.uk](mailto:aaarena@east-ayrshire.gov.uk)

## South Ayrshire resources

- [www.south-ayrshire.gov.uk](http://www.south-ayrshire.gov.uk)
- [www.prestwicktennisandfitness.co.uk](http://www.prestwicktennisandfitness.co.uk)



## North Ayrshire resources

- [www.kaleisure.com](http://www.kaleisure.com)
- [www.irvinebaygc.co.uk](http://www.irvinebaygc.co.uk)
- [www.carena.org.uk](http://www.carena.org.uk)
- [www.north-ayrshire.gov.uk/communityfacilities](http://www.north-ayrshire.gov.uk/communityfacilities)
- [www.dreamnorthayrshire.com](http://www.dreamnorthayrshire.com)

## Contact Information

### **Children and Young People's Occupational Therapy Services (North)**

Rainbow House,  
Ayrshire Central Hospital,  
Kilwinning Road,  
Irvine KA12 8SS  
01294 323070

### **Children and Young People's Occupational Therapy Services (East)**

Level 2  
The Johnnie Walker Bond Building  
15 The Strand  
Kilmarnock, KA1 1HU  
01563 553611

### **Children and Young People's Occupational Therapy Services (South)**

Arrol Park Resource Centre  
Doonfoot Road  
Ayr KA7 4DW  
01292 614988

**All new requests for assistance for Children and Young People's Occupational Therapy services should be forwarded to:**

The Rainbow House Mailbox:

**[aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk](mailto:aa-uhb.clinical-rainbowhouse@aapct.scot.nhs.uk)**

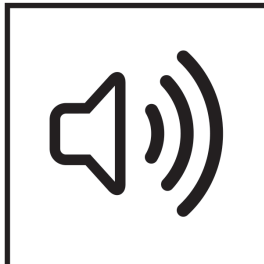
**We are happy to consider requests for this publication in other languages or formats such as large print.**



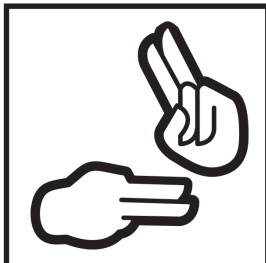
Translations



Easy to read



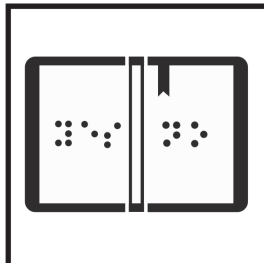
Audio



BSL



Large print



Braille



**Call: 01563 825856**



**Email: [pil@aapct.scot.nhs.uk](mailto:pil@aapct.scot.nhs.uk)**



reviewed for  
plain English

## **Tell us what you think...**

If you would like to comment on any issued raised by this document, please complete this form and return it to our Feedback and Complaints team: PO Box 13, Eglinton House, Ailsa Hospital, Dalmellington Road, Ayr KA6 6AB.

Alternatively, you can call free on **0800 169 1441** or email **[complaintsteam@aapct.scot.nhs.uk](mailto:complaintsteam@aapct.scot.nhs.uk)**

Name

---

Address

---

Comment

---

---

---

Last reviewed: October 2020 Leaflet reference: OT17-013-GD PIL code: PIL17-0418