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# **DEVELOPMENTAL COORDINATION DISORDER**

## **Definition**

Developmental Coordination Disorder (DCD) is a developmental motor skill disorder, which means a child's motor development is more delayed than other areas of development. These motor difficulties impact the child's ability to perform academic tasks and/or daily living skills, such as dressing, using utensils, etc.

## **Symptoms**

Clumsiness	Poor penmanship/printing
Dropping things	Poor hand-eye coordination
Poor organizational skills	Reluctance to participate in sports
Frustration	Low muscle tone
Low self esteem	Fatigue

## **Diagnosis**

DCD is diagnosed through an assessment by a physician or allied health professional, often including a questionnaire about your child's motor skills and coordination. In addition, a muscle tone and skills assessment is often requested by an occupational therapist, physiotherapist, or kinesiologist.

## **Treatment**

There is no cure for DCD. The basis of treatment is recognition and teaching motor skills at a developmentally appropriate level. Many children with DCD are not able to keep up with team, skill-based sports, and often are more successful in individual based sports. They often require more time and need extra support to learn basic skills with precision and accuracy.

## **Resources**

CanChild <https://canchild.ca/en/diagnoses/developmental-coordination-disorder>

- This is great website about DCD with lots of useful information and handouts:
  - Does your child have DCD?
  - Children with DCD At Home, At School and in the Community
  - DCD: What does it Mean to Me? (For teens)

KAMPS (Kinesiology and Meta-cognitive Psychological Services) [www.drkamps.ca](http://www.drkamps.ca)

- Calgary based private clinic involved in diagnosis and treatment in children with DCD

DCD Kids

<https://www.dcdkids.com/>