

## Social Emotional Core Competencies: Social Awareness

### Development of Self-Awareness in Children with DCD

When children participate in physical activities and hobbies with their peers they tend to feel confident and connected. Physical activities contribute to overall health and wellbeing and provide children with opportunities for fun, fitness and friendship. Being part of a group gives children opportunities to work together to reach a common goal or objective.

Parents of children with DCD can help them to discover recreational activities that promote their social emotional wellbeing. Children with DCD generally prefer sports and recreational activities that are structured, predictable and do not require complex movements. Children with DCD usually choose activities that are not competitive. Sports such as swimming, cross country skiing, running, cycling, horse riding, canoeing and kayaking can be beneficial for children with DCD because they use linear and symmetrical movements. These activities also offer participants information about how their bodies move in space.

Children with DCD often are more successful learning to play keyboards, percussion or stringed instruments than wind instruments. Wind instruments require precise coordination of breathing and fingering which can be challenging for children with DCD.

Participation in community-based recreational activities such as scouting can be rewarding for all children, including children with DCD. Encouraging activities that are non-motor based such as music, drama and art help promote social experiences and social participation for children with DCD.

### Questions to think about:

- Does your child have opportunities to participate in group activities?
- Does your child identify an interest in a “lifestyle sport” i.e. something he finds fun and can participate in throughout his life?
- Can you and your child explain DCD and how to overcome challenges to a coach or instructor?

### Strategies/Tips:

- Talk to your child about the activity or sport they are interested in. Ask them to identify if the sport is EASY or HARD for someone with movement difficulties.
- Help your child to explain what DCD is and what makes a sport easier for them. Practice at home before having them speak to a coach/instructor.

For further information, visit us at [www.BCCFA-SEED.org](http://www.BCCFA-SEED.org)