

# Dyspraxia - A Davis Perspective

## What is Dyspraxia?

Dyspraxia is often described as a difficulty with coordination, movement, and motor planning.

From a Davis perspective, the root cause is different.

Dyspraxia begins with:

- confusion leading to disorientation

When a child becomes disoriented, their perception of the world shifts. This affects how accurately they can judge space, movement, and timing.

As a result, the body may not respond in a consistent or coordinated way.

## How Does It Start?

For many children—especially visual or “picture” thinkers—learning and movement rely on a clear sense of:

- Where their body is in space
- How things move and relate to each other

When something feels confusing or overwhelming:

- Perception can become unstable
- The child may lose a clear sense of position or timing
- Movement becomes less controlled

If this happens repeatedly, the brain begins to associate movement with confusion.

Over time, this can lead to what we recognise as dyspraxia.

## What Might You Notice?

Your child may:

- Trip, bump into things, or seem clumsy
- Struggle with handwriting or fine motor tasks
- Find sports or coordination difficult
- Have poor balance or timing
- Avoid physical or practical activities

This is not a lack of ability—it is a sign that perception is not always stable.

## How Can Davis Help?

Davis programmes work by addressing the root cause: disorientation

### Orientation (Stabilising Perception)

Your child will learn how to:

- Recognise when they are becoming disoriented
- Use simple tools to regain clarity and control

When perception is stable, coordination improves.

## **Koosh Ball Exercises (Building Coordination)**

These structured activities help develop:

- Hand–eye coordination
- Timing and rhythm
- Motor planning
- Smooth, controlled movement

Over time, movement becomes more automatic and less effortful.

## **Strengthening the Thinking–Doing Connection**

Your child is supported to:

- Improve the link between thinking and action
- Gain more control over their movements
- Build confidence in everyday tasks

## **What Changes?**

As your child gains control over their perception and movement, you may notice:

- Better coordination and balance
- Improved handwriting and fine motor skills
- Less frustration
- Increased confidence
- Greater willingness to try new activities

## **In Simple Terms**

Dyspraxia is not a fixed condition.

It is a response to confusion affecting how a child perceives and moves.

When that confusion is resolved:

- Movement becomes more controlled
- Coordination improves

and

- Confidence grows