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Coping with Dyspraxia - Updated information and advice (Overcoming Common Problems)

Jill Eckersley

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Dyspraxia, which involves difficulties with physical co-ordination, is believed to affect up to 10% of the population. Children with dyspraxia may find it hard to learn to write, tie shoelaces or join in PE lessons at school. Adults with dyspraxia may find everyday tasks problematic, such as driving, having a bath, playing sport or, in some cases, even speaking clearly. This updated edition of Coping with Dyspraxia explains how this condition may affect people at any stage of life, and looks at how to cope with it. Topics include; what causes dyspraxia?, getting a diagnosis, help for nursery- and school-age children, life skills for teenagers, support for adults, conventional treatment, complementary therapies, the future, sources of further information. Jill Eckersley provides the latest thinking on this complex condition, and suggests practical ways to make life with dyspraxia easier.

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