

Bolton

Together

Registered Charity in England and Wales (1163466)



LET'S TALK NEURODIVERSITY

- Developmental
Coordination
Disorder/Dyspraxia
- Tourette's Syndrome
- Down Syndrome

WHAT IS DEVELOPMENTAL COORDINATION DISORDER?

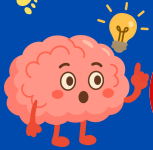
DCD, also known as Dyspraxia, is a neurodevelopmental condition that affects someone's physical coordination.

Children with DCD may take longer to reach certain milestones like crawling, walking, talking. They also may struggle with their fine motor skills such as feeding themselves with a spoon or fork, and holding a pencil. Children with DCD may also struggle with walking, running and spatial awareness.



People with DCD tend to have unique strengths, such as:

- Determination
- Creative thinking
- Able to overcome difficulties



EXTRA INFORMATION

<https://www.dyspraxiafoundation.org.uk/>

<https://childmind.org/guide/quick-guide-to-dyspraxia/>



FAMOUS PEOPLE WITH DCD

DANIEL RADCLIFFE
CARA DELEVINGNE
ALBERT EINSTEIN
JAMIE OLIVER



STEVEN SPIELBERG
ROBIN WILLIAMS
WHOOPI GOLDBERG

INTERESTING FACT

DCD AFFECTS AROUND 5% OF SCHOOL AGED CHILDREN. 2% OF CHILDREN ARE SEVERELY AFFECTED



WHAT IS TOURETTE'S SYNDROME?

Tourette's Syndrome is a neurological condition that causes you to make sudden noises or movements. These are called tics.

Sounds: **TICS CAN LOOK LIKE:** Movements:

- Whistling
- Repeating words/phrases
- Swearing (Very rare)
- Rolling eyes
- Shrugging shoulders
- Twitching/Jerking
- Jumping

ONLY 10-20% OF PEOPLE WITH TOURETTE'S HAVE THIS SYMPTOM

MYTH BUSTER

PEOPLE WITH TICS CAN'T HELP THEM. THEY HAPPEN BECAUSE OF A CHANGE IN THEIR BRAIN. THEY DON'T 'CHOOSE' TO PERFORM THEIR TICS

TICS CAN OFTEN MAKE A PERSON FEEL EMBARRASSED. SO BEING CALM AND UNDERSTANDING IS IMPORTANT

STRESS MAKES TICS WORSE. SO ROUTINE AND STRUCTURE ARE VITAL

EXTRA INFORMATION

- Tourette's Action - <https://www.tourettes-action.org.uk/>
- <https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/tourettes-syndrome>

FAMOUS PEOPLE WITH TOURETTE'S

LEWIS CAPALDI
BILLIE EILISH
DAVID BECKHAM

CASPAR LEE
SETH ROGAN
SCARLETT MOFFATT



INTERESTING FACT

THERE ARE OVER 300,000 CHILDREN AND ADULTS LIVING WITH TOURETTE'S SYNDROME IN THE UK



WHAT IS DOWN SYNDROME?

Down's Syndrome is a condition that happens when you are born with an extra chromosome in your genes.

WORLD DOWN
SYNDROME DAY IS
MARCH 21ST

People with Down's syndrome are likely to have some level of learning disability.

The best ways to support a person with Down's Syndrome is;

- lots of praise when learning
- speaking clearly
- showing them how to do things
- use alternative communication like makaton and PECS.
- Consistent routine



EXTRA INFORMATION

<https://www.downs-syndrome.org.uk/>

<https://www.dsrf-uk.org/parents-carers/about-ds/>

<https://downsyndromeuk.co.uk/>

FAMOUS PEOPLE WITH DOWN SYNDROME

ELLIE GOLDSTEIN – MODEL
ISABELLA SPRINGMUHL TEJADA – FASHION DESIGNER
LIAM BAIRSTOW – ACTOR



INTERESTING FACT

THERE ARE 750 BABIES BORN WITH
DOWN SYNDROME IN THE UK EACH
YEAR



WHAT CAN YOU DO AT HOME?

Makaton-

Makaton is an alternative way of communicating with your child. It uses speech and hand signs.

More information can be found using the link below:

<https://makaton.org/>



Sensory massage-

Sensory massage is a guided massage you as a parent can do for your child to help them regulate their emotions. The link below will take you to a youtube page with a range of videos to choose from:

[https://youtube.com/playlist?](https://youtube.com/playlist?list=PLof4j58C5B6ei3qWv90ceM6BjxgAXixOf&si=wwGbgRE8WuXXfJUX)

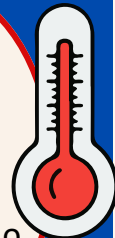
[list=PLof4j58C5B6ei3qWv90ceM6BjxgAXixOf&si=wwGbgRE8WuXXfJUX](https://youtube.com/playlist?list=PLof4j58C5B6ei3qWv90ceM6BjxgAXixOf&si=wwGbgRE8WuXXfJUX)



Emotion Scale-

Many neurodivergent children/young people struggle to verbalise how they feel. Creating an emotions scale is a way for a young person to visually display how they feel. The link below shows a range of options:

<https://library.sheffieldchildrens.nhs.uk/suggestions-for-scaling-and-regulating-emotions-and-behaviours/>

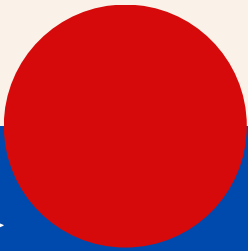


Set your own standard-

Every child is different! Forget the stereotypical milestones!

Make your own goals and milestones.
And don't forget, celebrate every win no matter how small!





For extra information you can visit our Navigator offer on our website at:

<https://bolton-together.org.uk/ithrive-support/ithrive-for-neurodiversity/>

If you wish to make a referral, our referral form can be accessed at:

<https://bolton-together.org.uk/ithrive-2-19-years-referral-form/>



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