



# How to support children with Developmental Coordination Problem/Disorder

## Emotion

### **Why do children with Developmental Coordination Problem/ Disorder (DCP/D) have mood fluctuation easily?**

These children often get infuriated because of their difficulties in meeting their own or the others' expectation, or when they are being teased by the others. On the other hand, they may feel sad and disappointed by their own clumsiness. They are reluctant to expose their weaknesses to the others and they are afraid of social isolation. Therefore, they have frequent mood fluctuation.

### **What are the factors that affect the psychological adaptation of children with DCP/D?**

The psychological adaptation of these children depends on various factors, such as the practical constraint caused by their developmental problem and their subjective interpretation. If others fail to understand or encourage them, they are more likely to ignore their problems and give up fighting, which in the long run, will significantly affect their self-confidence and lead to a pessimistic personality. Hence, acceptance from others (including teachers/ parents/ family/ friends) and positive parenting style will have a positive impact on their psychological adaptation.



## **What should parents do to support their children with emotional problem?**

- Be understanding and have reasonable expectation. With genuine acceptance, parents can put themselves into the shoes of their children, be able to understand and accept their difficulties more easily.
- Show appreciation to the children's effort. Give them encouragement and compliment whenever possible. Help them to set achievable and clear goals so that they can see their own improvement rather than making comparison with others.
- Encourage children to participate in interesting activities with emphasis on the enjoyment during the process rather than the outcome. In doing so, parents can help them to alleviate their stress.

## **What can parents do to enhance the self-esteem and confidence of their children?**

- Parents should avoid using discouraging words that hurt their children's self-esteem and criticize them in front of the others. Praise them for their effort and improvement so that they know they are being appreciated.
- Give the children choices, show respect to their decision, encourage them to participate and enjoy the process of participation instead of focusing on the outcome. In doing so, parents can help to promote their sense of satisfaction and achievement. It is also important to help children to explore their interest and improve their strength, show them your love to enhance the sense of security.



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