

# FREE VIRTUAL WORKSHOP: Understanding Motor Learning Challenges in Children and Youth – Optimizing Success

**Do you or your child have trouble with activities that require physical coordination, like sports and writing?**

**Do they appear “clumsy” or “awkward” with their movement or approach to new physical activities? Do they avoid these activities altogether?**

**Do you have a student who has trouble participating in class activities because of coordination difficulties or trouble starting a task?**

Coordination challenges can be a symptom of motor planning challenges and/or Developmental Coordination Disorder (DCD), a condition that affects up to six per cent of school-aged children. Young people with DCD often struggle with daily activities such as:

- Dressing • Eating • Writing • Playing • Speech

Holland Bloorview is hosting a **FREE** virtual workshop for kids, teens, parents, and educators to learn about strategies and resources for young people with coordination and motor planning challenges.

This is an evidence-informed workshop developed by a team that includes a developmental pediatrician, occupational therapist, physical therapist, speech language pathologist and psychologist.

### **The workshop provides:**

- information about motor planning challenges and DCD
- coping techniques and strategies
- tools and resources for families
- information about supports available in the community



## **WORKSHOP INFORMATION**



Join us on **Thursday November 3<sup>rd</sup> 2022, at 6:00–7:30PM**

The workshop will be held **virtual over Zoom** (link will be provided to registrants)

Registration is required by **Wednesday, November 2<sup>nd</sup> 2022**

To register for the workshop, please email Tazeem Ismail [tismail@hollandbloorview.ca](mailto:tismail@hollandbloorview.ca) \*\* Kindly identify **DCD/Motor Learning Workshop** in the subject line of your email.