

## Advocacy Language for Parents:

### For Parents and Carers Talking to Professionals About Dyspraxia

*This resource was created to support parents and carers attending the workshop  
“Moving with Purpose: Understanding Dyspraxia and the Body–Mind Connection.”*

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#### Advocacy Language

##### *Opening the Conversation*

- “I’m noticing that everyday tasks take a lot of effort for my child, particularly those involving coordination and organisation.”

##### *Linking Observation to Impact*

- “This seems to affect their confidence, energy levels, and ability to try.”

##### *Referring to Movement Foundations*

- “I’m wondering whether early movement foundations, such as coordination and body awareness, could be relevant.”

##### *Asking for Guidance*

- “Who would be the right professional to explore this with us?”
  - “What assessments or observations might help us understand their needs better?”
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#### When to Seek Support

You may want to explore further support if you notice:

- Persistent coordination difficulties
  - High fatigue or avoidance (e.g. such as dressing, writing, PE, playground play)
  - Significant anxiety around movement or daily tasks
  - Feeding, toileting, or sleep concerns
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## Professionals Who May Help

- Occupational Therapist
  - Physiotherapist
  - Speech & Language Therapist
  - GP / Paediatrician
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**Thank you for learning about the community,**

**Where to Connect with Me**

-  [Laura.theNDnurse@gmail.com](mailto:Laura.theNDnurse@gmail.com)
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