

Social Emotional Core Competencies: Self Awareness

Development of Self-Awareness in Children with DCD

Young children develop their “body maps” by copying the actions of others and repeating actions over and over again. They gradually develop a whole picture of what they look like, how big they are, how they move their bodies in space and the effort they need to move their bodies and the objects they play with. Play helps them learn about their strengths, challenges, likes and dislikes. It gives them the opportunity to learn to label and express their feelings and emotions.

Children with DCD are not as motivated as other children to engage in physical play. They frequently get tired from the effort of coordinating their actions and, because they often experience less pleasure from movement, they may be less active than other children. In addition, children with DCD do not tend to learn from observing others. Parents often notice that their child can sometimes easily perform a task and at other times seem unable to do it. During play, children with DCD may need help to identify and label their emotions. They may also need help to notice, understand and respond to the emotions of the other children.

Questions to think about:

- Does your child notice how others express their feelings during play?
- Does your child tell you what she likes and what she does not like to play?
- When you teach your child how to do something new do you talk about how the activity feels both emotionally and physically for your child?

Strategies/Tips:

- Ask your child to think of a feeling word, look in a mirror and make the feeling face. Take turns and try to guess what feeling they are showing you.

For further information, visit us at <https://bc-cfa.org/>