

## Dyspraxia Symptom information and quiz

Dyspraxia is a neurological condition that impacts fine and/or gross motor skills. Children with dyspraxia can appear awkward when moving their whole bodies, or use too much or too little force. When a child has dyspraxia, they often can't imitate others, mix up the steps in a sequence, or can't come up with new ideas during play.

Symptoms of dyspraxia show up at home and in the classroom. Coordination difficulties affect aspects of daily life like brushing teeth, getting dressed, and doing laundry. Social skills, academic performance, and physical independence can all be influenced by dyspraxia. A delayed diagnosis of dyspraxia can affect the self-confidence and achievement of a child, despite the many strengths they may have and an otherwise strong cognitive profile - understanding their full cognitive profile can be so empowering.

Use this free dyspraxia symptom test to determine whether your child might be showing signs consistent with dyspraxia. Complete this quiz to learn more and take it to your child's school to help open a productive conversation.

*Based on information from the Dyspraxia Foundation. This dyspraxia symptom test is not intended to diagnose or to replace the care of an educational professional. Only a trained healthcare or education professional can make a diagnosis. This self-test is for personal use and guidance only.*

**Does your child prefer adult company? Have you noticed that they seem isolated from their peers?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**As a baby, did your child demonstrate repetitive behaviours such as head banging or rolling?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**N&T** Free **Dyspraxia** quiz and information

**Does your child struggle to sit still? Do they tap their hands or feet?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child have difficulty completing tasks, staying focused, and staying organised?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child struggle with fine motor skills when handwriting, using scissors and eating utensils, tying shoes, or buttoning clothes?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child demonstrate a limited response to verbal instructions, such as slower response time or problems with comprehension?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child have trouble navigating uneven surfaces and/or stairs?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Did you struggle to toilet train your child as a toddler?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child have difficulty peddling and riding a bike?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child have sleep problems? Is it difficult to maintain a night-time routine?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Is your child irritable and easily distressed? Do they have outbursts of uncontrolled behaviour?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Is your child “literal,” misunderstanding idioms, metaphors or sarcasm?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Have you noticed speech delays in your child?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Does your child avoid construction toys such as puzzles and LEGO?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Is your child clumsy, knocking things over or tripping over nothing?**

- 4. Very Often
- 3. Often
- 2. Sometimes
- 1. Rarely
- 0. Never

**Scoring:**

The higher your score out of a possible 60, the more likely it is that your child should be assessed for dyspraxia.

**Next steps:**

- Complete this quiz and take it to your child's school to help open a productive conversation.
- Feel free to contact me directly on [charlotte@nurtureandthrive.co.uk](mailto:charlotte@nurtureandthrive.co.uk) to discuss your child's needs and options for assessment.
- You can read more about dyspraxia here:  
<https://www.dyspraxiahelp.org.uk/>