

HD CD NEWS



summer 2009

MAKING FRIENDS

Learning to make friends is one of the most significant tasks in your child's development. Children with Developmental Coordination Disorder (DCD) experience numerous challenges that will impact on their ability to participate in play activities.

Play is an important part of your child's development, as it is through play that they will learn many skills, not just physical skills but also social skills.

Why it may go wrong for children with DCD?

- ☞ Not all children find it hard to "read" people, situations or behaviour situations
- ☞ Friendships may be difficult as the children find it hard to moderate their behaviour or to anticipate the results of their actions
- ☞ They find it hard to understand and follow rules of any game, thus causing your child to get angry and frustrated when it doesn't go their way
- ☞ Poor sense of social distance. Limited range of play activities, stick to simple/familiar games
- ☞ Immaturity compared to their peers. Children may tend to play with either younger/older children
- ☞ Poor self esteem
- ☞ Lack of confidence
- ☞ Have been ignored, teased by other children because they are "different".

What Can We Do?

Each child is unique and will have different needs when it comes to helping them get along better with other children and for making friends.

As parents we need to give a little extra help and support in learning these skills that are required "to make a friend".

Here are some ideas that may work to help you child's social skills that could help to make a successful friendship.

- ☞ greeting others
- ☞ listening and responding
- ☞ show an interest
- ☞ give compliments
- ☞ understand body language
- ☞ understand the tone of your voice
- ☞ handling teasing
- ☞ Anger Management.

DATES FOR YOUR DIARY



A few families enjoyed a day out at Nairn Beach in June. What started off as a cloudy day turned out to be a lovely hot day. The children had fun building sandcastles whilst the adults chatted. HD CD had a few very brave children who went into the sea for some fun and swimming and didn't find the water cold.

On the other hand I disagreed with them and after dipping my feet in decided I liked the warm golden sands better.

FUTURE ACTIVITIES

- ☞ September 26th - Family Fun Day from 11am - 3pm at Strathpeffer Community Centre. Activities include Indoor Curling, also Caperiario with Fraser MacDonald. Raffle draw. Light lunch and refreshments will be available.
- ☞ December - Trampolining at Inverness Royal Academy - more details to follow.

FREE TO ALL PAID UP MEMBERS

If you have any ideas for this years activities, please contact Arlene using the contact information on the back page.



A Big THANK YOU to Vince Shiach and his team from Scottish & Southern Electricity for donating a huge sum of £1,000 to HD CD.

His team achieved this by having an excellent Health & Safety record for one year with out any mishaps.

Well done! Keep up the good work!

Also a huge Thank You to the MFR Charity Appeal who have kindly given HD CD £300 towards their fun day in Strathpeffer.

Again keep up the good work MFR!

My Trip To The Special Olympics 2009



A very proud Laura Matheson showing off her Silver Medal and her 5th Place Ribbon

On Friday the 24th of July myself along with 69 athletes and 39 coaches which made up **Team Highland**, flew from Inverness Airport to Leicester to take part in the Special Olympics.

The Special Olympics opened on the Saturday night with a fantastic opening ceremony at the Walker Football Stadium where there was an array of entertainment including dancers, singers, gymnastic displays to name just a few.

Each regions team had to walk round the stadium holding a banner and **Team Highland** got a huge cheer since we travelled the furthest.

I won a Silver medal for the shot-put and a ribbon for coming fifth in the 50 metres.

Unfortunately I injured my leg so had to pull out of the standing long Jump. In total **Team Highland** won an amazing 80 medals in total.

The closing ceremony was like great big party for everybody involved in the games, Athletes, Coaches, Officials, Volunteers, and Families. To celebrate the success of the games there was live music, including an Abba Tribute Band and lots of other activities.

Although I was sad it was all over, it was good to be going home to see family and friends again. We all felt like heroes when **Team Highland** arrived back at Inverness Airport with Terry Butchart, David Sutherland and photographers there to greet us off the plane.

We all had a brilliant time and look forward to 2013 for the next Special Olympics.

By Laura Matheson



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