



SUPPORTING ATTENTION AND FOCUS

Top tips for helping your child to concentrate on a task.

Do one thing at a time and don't overload them with too much information.

Break large tasks down into small chunks.

Use timers and stop watches to help with the concept of how long tasks will last or are expected to take.

Plan breaks between activities – try to play a game take a walk, bounce on a trampoline etc.

Teach some mindfulness ideas. Learn to pay attention to how they are feeling; what they can hear; what they can smell; what is happening inside their body. Raising this awareness can help them from being distracted, when they return to a task.

Praise every small improvement to help them feel a sense of achievement.