

Attention and Concentration

Some children have difficulties sustaining attention to a given task.



Here are some strategies that may help if your child struggles with attention and concentration:

- Gain the child's attention before giving instructions i.e. say the child's name and ensure he/she is looking or use a cue like clapping your hands
- Ensure the child knows what he/she is doing before the task begins.
- Repeat instructions and let the child know it is okay to ask for instructions to be repeated.
- Get down to the child's height when talking to them.
- Ask for the child to repeat information back to you.
- Break instructions down into smaller, more manageable chunks.
- Use a to-do list and tick off with the child when he/she completes a task.
- Visual schedules can be very helpful.



- Use other visual tools e.g. a sand timer.
- Give the child the opportunity to move around if needed.

- [illegible]

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Here is a list of activities that can be done with your child before taking part in focussed tasks:

- Emptying laundry into basket and carrying it to washing machine.



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- Roll your child up in a blanket like a hot dog.
- Animal walks such as crab, bear, snake.
- Helping wipe down the table before and after meals.
- Sing and do the actions to "row row row your boat".



- Wall press ups.
- Chair push ups.
- Use of ride on toys.



- Helping dig outdoors.
- Water the plants.
- Rake up leaves outdoors.

Tactile ideas:-

- Playing with jelly. Try setting different toys in the jelly and ask your child to rescue them out.
- Playdough. This could be homemade and could be scented with essential oils and/or coloured with food colouring.



- Water beads.
- Draw patterns in shaving foam.
- Playing in "gloop" – cornflour and water mix.
- Playing in sand, make it wet then that is also heavy work.

Oral input ideas:-

- Sucking thick fluids, such as yogurt or milkshake, through a straw.



- Blowing bubbles.
- Sucking water out of a water bottle with a sports cap.
- Chewing on dried fruit.

Specific equipment:-



- Using a “lap buddy” when sitting at the table to eat.
- Using a “move n sit” cushion for focussed table top tasks.

Further resources:

For more resources to help with developing skills or for further helpful tips and tricks, please visit our website or lookout for our Facebook posts.

www.nhsborders.scot.nhs.uk/cypot

www.facebook.com/CYPOTNHSBorders



