

LEARNING TO FOCUS ATTENTION

Teaching Children to Focus Attention Through Reading and Story Telling

Think about what your child needs to do when they listen to a story.

They need to sit still and focus long enough to listen to the story.

They also need to be able to remember what is happening in the story.

Children will form pictures in their minds and as the story goes along.

So, telling children stories or reading to them helps them learn how to focus their attention, concentrate for a period of time, remember things and use their imagination.

They will also learn to enjoy and value books.

And you can turn it into a special time between you and your child.

Reading to your child.

Children love the opportunity to have stories read to them. Making a bedtime story part of the bedtime routine is a way of getting them to bed and helps settle them. You can make it the last thing you do before turning the lights out.

Some books have activities, like making animal noises or imitating the movement of the characters. These sorts of books might be better at a time of the day when your child is more active and needs to get rid of some energy.

It's good to have a few books and get your child to choose which one they want to read. Young children like to read the same book over and over again. Hearing the same story lots of times helps them remember the story. So, go along with it—there will be a time when they want a new book! But you can make it fun. Stop and ask your child to finish a sentence. Even if they can't read, if they have heard the story a thousand times, they'll know the words. Tell them how clever they are!

For older children who haven't heard a story before, you can stop and ask them what they think might happen in the story. They will need to use their imagination, which is good for creativity.

Planning a story telling moment with your child.

Making up a story or telling a story you were told as a child is also fun. You can use your imagination and get your child to help make up the story.

Write an idea for a story in this box and make a time you can try this out with your child.