

LEARNING TO FOCUS ATTENTION

Teaching Children to Focus Attention Through Play

Child love to play. And quiet and focused play is helping your child develop attention and learn how to focus.

Whether it is with blocks or little lego pieces, threading beads or seeds or even just building in the sand...

all are activities that give children the space and the time to help their brains grow

Catch your child practising their own brain development. When your child is playing, are they focused? How long do they stay focused? Do they need your help to stay focused?

Whatever the answers, in a few weeks, months or a years' time they will probably be able to focus longer and have less need for your help.

It a good idea to make a note of what your child is capable of today so you can look back and appreciate how much better they are at staying focused - which means that their brain has grown!

Think about a time in the past day or two when your child was doing something that needed them to be focused. It could be anything.

Date:

Time of day:

Activity (what were they trying to stay focused on?):

How long did your child stay focused?

How much help did you need to give for your child to stay focused?