



When your child has difficulty concentrating

Try these strategies.

- Ensure your child has adequate sleep, good nutrition and plenty of water to drink.
- Remove any distraction.
- Ensure your child fully understands the requirements of a task. Keep monitoring progress and give your child encouraging feedback throughout the activity.
- Take regular short breaks for some physical activity.
- Break each activity into small chunks
- Remove staples from your child's workbooks and place them in a file. This will enable you to take out the activities for the day so that the work load does not appear overwhelming.