

Improving Attention

- **Be Intentional:**

Get down and play- Spend 5-10 minutes a day engaging directly with your child in a joint play activity.

- **Reduce Distractions:**

Find a space where your child will not get easily distracted by things in the environment.

- **Modify Play room:**

Reduce the amount of toys your child has access to in their play space. Organize toys into bins and have some put away to rotate. The more a child has access to the more likely they are to get distracted and transition quickly from one activity to the next.

- **Reduce Screen Time:**

Avoid too much screen time. Research suggests <1hour a day for children under 5. The change in lights and pictures and sounds impact attention greatly.

- **Start Small**

Begin with having your child attend for 30 seconds, 1 minute, 2 minutes etc.. Prompt with the phrase "one more" to keep them engaged just a little longer.

- **Reward Often**

Praise and reward you child for sitting and for using good eye contact. Praise them as they continue to sit and engage. If they get up, remove the object from them, prompt them to 'come back' and then when they do give them the object/toy back.



- **Make it FUN**

If your child is getting bored with something, change it up! Be animated, add large expressions or use the toy in a new way.

- **Change it up:**

Create a routine where you alternate sit-down and movement based tasks. This will help expend energy while also teaching your child differences in expectations for different activities.

- **Develop Routines:**

End activities the same way: say 'all done' and then 'clean up'- make child apart of this process

