

# LEARNING FROM HOME SERIES

## TIPS FOR IMPROVING FOCUS IN CHILDREN

### USE A TIMER

Timers are one of our favorite tools! They teach children the value of time, help them keep track of the time they spend on certain tasks, and helps plan for needed breaks.



### GIVE BREAKS

Breaks may start out more frequently, and that's ok! Work towards longer periods of work and shorter breaks. It's a process!



### KEEP A ROUTINE

Routines\* help children know what to expect and when to expect it. An added benefit is it helps with the initiation, focus, and completion of a task. Include nutrition and adequate sleep in your schedules.



\*See our upcoming post for creating routines

### POSITIVE REINFORCEMENT

Children love having something to work for. What they earn can be as simple as some stickers from a treasure chest or a few extra minutes doing something fun with you.



### GET ACTIVE

Exercise boots serotonin levels in the brain - this is great for happiness! But also, a few minutes of exercise can promote calm and focus and reduce fidgety behavior.



### BREAK TASKS INTO SMALLER STEPS

Information overload can cause difficulty concentrating. Written lists can be helpful and have children repeat to check for understanding.

