



Focus/Organization Tips at Home

Suggestions that you could try:-

I often get asked about promotion of routines at home and also how to improve focus. There is an incredible amount of information at your fingertips both on-line and in books but I hope the following strategies are helpful as a first port of call. Please bear in mind that children at this young age will have a range of focus spans, focus is dependent on activity and that attention spans in the day will differ. There is quite a range of guides of attention spans from child development experts but a general guideline is a minute for each year.

- * Provide opportunities for your child to be independent and successful
- * Give age appropriate chores, home responsibilities
- * Give precise but simple steps of instruction; these steps can be gradually increased over time
- * Promote eye contact when communicating
- * Visual schedules- pictures/photographs of child doing task/chores/routines. Postiks may work too.
- * Break up tasks so they are achievable; gradually build up
- * Reading- see my handout on Home Reading (school website- under Reading). Remember reading can be in different forms, not just your child reading (echo etc), good reading position; fingertracking, eyes on word etc.
- * Exercise, movement breaks. Yoga works too. Children love to move, set fun movement breaks between activities

- * Avoid over-scheduling children with after school activities. Set time for rest, quality time with mom and dad too- family time!!!!
- * Lavender oil is renown to help with relaxation. A dab behind the ears, or spray bedroom before sleep (works wonders to keep bad dreams away)
- * Work buddy- stuffed toy sits alongside and “helps” your child with reading/task
- * Gentle reminder, count down to reading/task/chore, set a time in the day. Children thrive on routine. Avoid tasks when overtired, not at end of the day- avoid frustrations. Use timer (teeth brushing timer from your dentist- or dollar store) for when a task needs to be done, or for how long a task needs to be done
- * Quiet house time/or finding a quiet place to work/read
- * Has your child recently eaten, had a drink? Keep up those energy levels. Avoid high sugar content foods- give high energy for short time but will give the “lows” too
- * Something to chew on, fidget with. Some children work well listening to music
- * Focus games- Concentration, family games- promote play by the rules, helps with acceptance of winning and losing
- * Reward/praise/set examples. Make tasks intrinsically rewarding. Have mutually agreed plans.
- * Positive Home Reward- set weekly goal. See Postive Behaviour under Information on my personal website.

Regards
Jacqui