

As students engage in their school day, they are challenged to sustain attention and concentration for longer periods of time. There are a number of ways to encourage your child to have attentive, on-task behaviors and good concentration skills. Promoting these skills can help make other tasks less frustrating and can also increase productivity at school.

### **7 Ways to Promote Good Concentration Skills:**

1. Set realistic tasks, especially considering your child's maturity level. Unrealistic expectations create frustration, which then interfere with concentration.
2. Break up the tasks into small steps or parts. If you or your child are not used to studying for an hour straight, then break up homework time into shorter spans to allow for breaks.
3. Create a distraction free zone. Lots of noise and visual distractions can limit concentration and focus.
4. Be supportive and encouraging. Learning a new skill can always be challenging, and learning to concentrate is no different. Encourage your child with verbal praise during fun games, as well as the more serious homework times.
5. Play fun concentration building games. A couple of games to consider are Red Light Green Light and I-Spy.
6. Encourage good nutrition, plenty of sleep, and exercise. Our brains need a healthy lifestyle to function at its best.
7. Allow plenty of time for free play, entertainment, and hobbies.

(<http://www.kimscounselingcorner.com/2014/06/11/activities-improve-focus-attention/>)