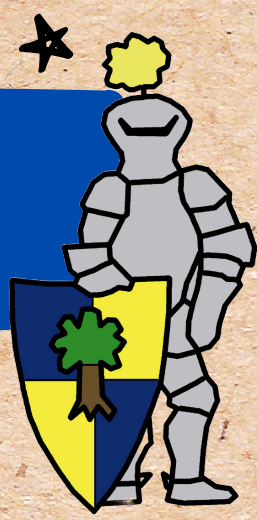


# FOCUS



## Why is it important?

The ability to focus and concentrate is a key skill for children to develop. It helps them learn and retain information, stay organised, and stay on task. It also teaches them to think critically and make better decisions.

Focus is also important for problem-solving and decision-making. When children can focus, they can think more critically and come up with creative solutions. They can also analyse complex problems and make effective decisions.

One of the best ways to help your child focus and concentrate is to do one thing at a time. This helps them stay focused on the task at hand and not get distracted by other things. Encourage your child to focus on one thing and finish it before moving on to the next task.

## What sort of targets will Knightwood children be working on?



As always the targets will be matched to the development stage of the children, but may include things like:

- I can play alongside others
- I can stop what I am doing and listen to an adult.
- I can remain on task with support
- I am able to repeat back instructions

## How can parents help at home?

Here are some ideas for you to try at home to help your child focus:

- Activities such as jigsaw puzzles and memory match games are good to encourage focus.
- Use verbal prompts to prepare a child for when a fun activity is coming to an end e.g. you have 2 minutes left, we are finishing in 5, 4, 3, 2, 1, 0.
- Use a visual checklist for getting dressed, getting ready for school, homework tasks so they can organise their thoughts and complete the task independently.
- Encourage short breaks when focusing for a long time. e.g. 30 minutes working, then a 10 minute break
- Spot the difference, word searches, dobble, copying pictures and the I went to the supermarket game all develop focus skills.
- Encourage your child to be in the moment. What can you see, hear or smell?

