**Poor Concentration**

**Healthy Young Minds Newsletter**

**Parents Tips**

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**CAMHS would be very grateful for feedback** <https://www.surveymonkey.co.uk/r/XBY2JPR>



***How would I recognise if my child***

***has poor concentration***

* ***Your child may often seem not to be listening to you***
* ***They may have difficulty following instructions***
* ***May struggle to complete their homework***
* ***Cannot focus on activities that take too long to complete and may start misbehaving***
* ***Gets frustrated easily***
* ***Gets bored easily***
* ***Flits from one activity to another***

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***What can I do to help a young person with poor concentration?***

* Get the child’s attention when giving an instruction by saying their name first
* Chunk instructions giving them 1 or 2 at a time and get them to repeat them back
* Gear activities to your child’s attention span; play buckaroo rather than monopoly, if they can manage one game of bowling don’t book two.
* Use visual aids, time tables and written instructions to remind them what is expected of them
* Give the child a role of responsibility during family activities to help keep them

Focussed

* Card games such as the pairs games increasing the number of pairs can help increase concentration skills or Kim’s game with objects to remember on a tray and increasing the number of objects
* Try and stay calm when your child seems to be not listening or doesn’t do as their told, getting stressed will make their concentration worse not better
* To help them with homework find an area away from distracting stimuli
* Agree how long they can work on a task then use a clock for them to work to

