

How can I help my child develop listening and attention?

Try a change to the environment...

- ⇒ Reduce distractions e.g. turn off the television; have fewer toys out.
- ⇒ Choose an activity that your child loves – then they will really want to join in

Try some visual support...

- ⇒ Focus your child's attention by asking them to look at your face before you give an instruction.
- ⇒ Use visual clues e.g. gestures, objects, pictures, writing down the instructions or key words
- ⇒ Show your child what you mean. It's important that your child experiences success.

Try some talking strategies...

- ⇒ Tell them exactly how to do good listening: e.g. sit still, look at who is talking, think about what is being said.
- ⇒ Give your child specific praise e.g. "Well done you listened really well to that story."
- ⇒ Give instructions in small steps - one piece of information at a time.
- ⇒ Emphasise the key words that will help your child to know what to do. e.g. you need your shoes ... and bag.
- ⇒ Give instructions in the order they are to happen, e.g. "Put your shoes away then wash your hands".
- ⇒ When telling stories make them more interesting by using 'voices' for different characters.
- ⇒ For older children check if they have understood the question/instruction by encouraging them to repeat back what they think they are expected to do.