

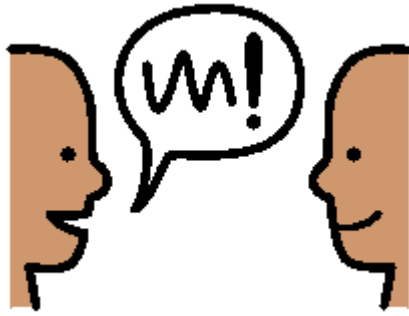


States of Guernsey  
Children and Family  
Community Services

**Children's Occupational Therapy**

# **How to Promote Good Concentration Skills**

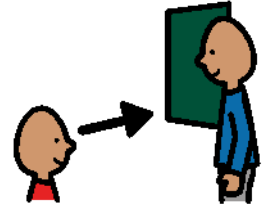




**These are some of the teacher and parent characteristics that will be helpful in teaching children with poor concentration:**

- positive academic expectations
- frequent monitoring and checking of work
- clarity in giving instructions
- warmth, patience and humour
- consistency and firmness
- knowledge of different behavioural interventions
- willingness to work with a special education teacher or professionals

**Strategies to support children with poor concentration skills can be grouped as follows:**



### **Inattention**

- seat student in quiet area away from doorways, windows and the radiator/air-conditioning unit
- seat student near good role model, "study buddy" and facing the front of the classroom where the majority of teaching takes place
- increase distance between desks
- allow extra time to complete assigned work
- shorten assignments or work periods to coincide with span of attention; use timer
- chunk long assignments into smaller stretches of time so the student can see end to work
- assist student in setting realistic short term goals
- give assignments one at a time to avoid work overload
- reduce amount of homework (and present at the beginning of each lesson). Remember to appoint a homework buddy whom the student can call if necessary should something be forgotten.

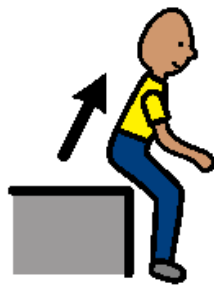
- instruct student in self-monitoring using cueing of behaviour, e.g., raising his hand, calling out. Call on only when hand is raised in appropriate manner. Praise when hand is raised to answer question.
- keep instructions brief and simple (use language that the student understands). Support instructions with a visual schedule as necessary
- provide peer assistance in note taking
- give clear, concise instructions
- seek to involve student in lesson presentation
- cue student to stay on task, i.e. private signal



## Impulsiveness

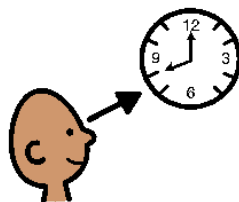
- ignore minor, inappropriate behaviour
- increase immediacy of rewards and consequences
- supervise closely during transition times
- avoid lecturing or criticism
- acknowledge positive behaviour with compliments etc.
- seat student near role model or near teacher
- set up behaviour contract
- instruct student in self-monitoring using cueing of behaviour, e.g., raising his hand, calling out. Call on only when hand is raised in appropriate manner. Praise when hand is raised to answer question.





## Motor Activity

- allow student to stand at times while working
- provide Move 'n Sit cushion and theraband between the chair legs for children seeking movement
- provide a small fidget toy during lessons for subtle proprioceptive /touch input
- provide opportunity for "seat breaks" or "movement breaks" i.e. run errands, or heavy work activities etc.
- provide short break between assignments
- supervise closely during transition times
- remind student to review work if performance is rushed and careless
- give extra time to complete tasks



## Motivation and Participation

- set realistic tasks, especially considering your child's maturity level and current attention skills
- provide reassurance and encouragement
- frequently compliment positive behaviour and work product
- review instructions when giving new assignments to make sure student comprehends directions
- look for opportunities for student to display leadership role in class
- conference frequently with parents to learn about student's interests and achievements outside of school
- send positive notes home
- make time to talk alone with student
- encourage social interactions with classmates if student is withdrawn or excessively shy
- reinforce frequently when signs of frustration are noticed
- look for signs of overload or fatigue and provide encouragement or reduced work load to alleviate pressure and avoid frustration

## **Lastly.....**

- Ensure your child follows a healthy diet, has good nutrition, plenty of sleep and exercise.
- Allow plenty of time for free play, entertainment, and hobbies.



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