

# 14 SIMPLE WAYS TO HELP YOUR CHILD FOCUS

ACTIONABLE PARENTING TIPS YOU MUST KNOW

**1** work together to establish a family routine and be consistent

**ACTION** makes brain cells, neural connections and pathways more efficiently

**2** pay attention to what your child eats

**ACTION** stimulates focus and long-term memory

**3** meet physical needs to help your child focus

**ACTION** boosts thinking and focus

**4** provide opportunities for daily physical exercise

**ACTION** stimulates brain development and cell repair

**5** model good listening

**ACTION** teaches focus on conversation with intention

**6** touch your child

**ACTION** uses sensation to stimulate language processing

**7** meet your child eye-to-eye

**ACTION** uses eye connection to help focus

**8** have your child establish a special signal

**ACTION** reminder to pay attention without embarrassment

**9** play memory games

**ACTION** exercises memory muscle for greater attention span

**10** give one direction at a time

**ACTION** teaches focus until completion

**11** break projects into small bites

**ACTION** teaches enjoyment of satisfaction of accomplishment

**12** use a timer

**ACTION** helps to maintain focus

**13** give your child an earplug

**ACTION** blocks distracting sounds

**14** use colored dot stickers

**ACTION** teaches kids to focus on their own

THE STRUCTURE OF YOUR BRAIN CHANGES EVERY TIME YOU LEARN SOMETHING NEW. SO KEEP LEARNING.