

Developing Attention Skills

Attention is the ability to focus on an object or what is happening around you. Attention skills are key at helping a child's communication skills to develop as it helps them to learn new sounds and words and helps with their understanding. Below are some general strategies that can be used to help your child's attention skills to develop.

If your child is busy doing something, try calling their name before talking to them or giving them an instruction.

Remember, children learn more and will focus their when they are having fun!

When talking to your child try and get down to their level and be face to face with them. This helps them to know that you are talking to them and allows them to see your face.

Try and use gesture to support what you are saying. Using a gesture as well as saying the word or instruction can help to gain your child's attention and will also help them to understand.



Musical instruments are a great way at getting a child's attention. Try shaking a tambourine or banging a drum to encourage your child to stop what they are doing and to listen.

Children may can become distracted and loose their attention during long or less fun activities. Allowing your child to get up from what they are doing, move around and then come back to the activity can help regain a child's attention.

Attention skills develop as a child gets older, therefore it is important to remember that younger children or children with attention difficulties may need longer instructions breaking down for them into shorter pieces.

