

Frequently raised concern:

2. My child loses focus and is distracted during home learning

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Top tips: 1. 'Chunk It down' - children can maintain focus for short chunks of time, for younger children **20 - 30 minutes maximum** and for some older children **45 minutes** at a time. Use a timer to help you and the child know that this is a **short, timed activity** - this might help to maintain focus. Shorten time spent working on an activity depending on your child's ability to maintain focus. There is NO expectation from class teachers just now for children to **FINISH** classroom tasks. Decide how much time **your child** can focus on a bit of reading for, a bit of literacy for, a bit of numeracy for, etc - instead of spending lots of time on ONE activity and risk your child or yourself becoming overwhelmed and frustrated.



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2. **Brain breaks** - give breaks in between chunks of time spent on activities! A break for as little as 5 or 10 minutes can refresh children and adults and help us get ready to tackle another bout of focused concentration. Use a timer for the break, tell the child how long the break will be and explain that when they hear the timer sound go off - it is time to stop the break and do some more home learning. This becomes easier as it becomes more of a routine.



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Top tips:

3. **Distractions** - check that noise levels, clutter, toys or objects of interest are to a minimum or out of sight for short chunks of 'working time' to ensure most focus and engagement.

