

Frequently raised concern:

4. My child takes a long time to complete an activity

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Top tips: 1. As in FRC number 3 - my child is struggling to work independently -

Find out why - check does the child:



Know what to do - can you help to explain, reread instructions or do a short example of the task? **OR Lack confidence about this topic/task** - can you sit with and help them complete some of the task then explain you'd like them to do 1 or 2 examples on their own? If your child is anxious about the task - let them know where in the house you will be and that they can come to find you for more help if they are still 'stuck'. **OR** Are they **distracted** by noise, games/toys they would prefer to do?

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Top tips: 2. As in FRC number 2 - my child loses focus and is distracted -



'Chunk it down' and introduce **brain breaks** between tasks. 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 the child or yourself becoming overwhelmed and frustrated.