

Give Attention to Get Attention

“To accomplish great things, pay attention to little ones.”

It is very important as a parent and as a teacher that we should know the span of attention of our children to plan activities and to create joyful learning environment. It is very important to know that the amount of time provided is not important. The quality of time is important. I have experienced parents saying that my child is studying for these many hours and teachers saying that madam, we have to increase the school timings for students. I agree as we all have concern towards our children. We want them to get good marks and succeed in this competitive world. Since a decade a lot of research has been done in this area let's go through little in this aspect so that we can plan a better way for our children and let's make the teaching-learning process effective and joyful. What is span of attention? Span of attention means

“The amount of time spent concentrating on a task before getting distracted.”

Child development experts generally say that a reasonable attention span to expect of a child is two to three minutes per year of their age. That's the period of time for which a child can maintain focus on a given task.

Average attention spans of

2 years old: four to six minutes

4 years old: eight to 12 minutes

6 years old: 12 to 18 minutes

8 years old: 16 to 24 minutes

10 years old: 20 to 30 minutes

12 years old: 24 to 36 minutes

14 years old: 28 to 42 minutes

It's worth underlining that some developmental researchers put the upper limit at five minutes per year of a child's age, meaning a 2-year-old could be able to focus on a task for up to 10 minutes at a time. Of course, these are only generalizations. And how long a child is truly able to focus is largely determined by factors like how many distractions are nearby, how hungry or tired the child is and how interested they are in the activity. But if a child's attention span is shorter than average, that's worth addressing.

Here you can ask me a question. If it is as the above said period how can we make our children's span of attention to increase?. Is it possible? Yes, it is possible this is for our understanding to plan, support and make the children comfortable and create learning atmosphere accordingly.

Most of the children are inattentive at times, and this is a regular part of behavior whether youngsters at the pre-school stage, middle school age or adolescents at high school. Attention spans in very young children are short. If they are undertaking tasks they regard as tedious or boring, many kids tend to lose interest quickly.

How to make use of this period and how to extend the period will depend on how we are addressing. For example to extend Child's span of attention a few simple strategies might help your child find greater focus.

If you're trying to strengthen your child's focus and concentration, check out these tips for improving their attention span.

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Bring creativity to the tasks



Kids who feel overwhelmed or confused by the project or activity they're working on will check out and get distracted quickly. For children to continue to actively participate in their learning experience, they must be given as many choices as possible. Give them as much freedom as you can so they can take initiatives.

Encourage children to pick the material they wish to explore as well as their activities. Of course, the starting point for any activity should be something specific a child is interested in. Being open to children's suggestions and ideas will ensure they reach their full potential. A kid who dislikes math won't focus well on math homework, so let him work out problems in finger paint on an easel first and copy the work onto the homework sheet later. Here are few ideas that can help parents to boost child's creative thinking and also spend time with the given task.

1. Explore Space
2. Make Gifts
3. Make Toy Craft with your Kids
4. Encourage Kids to Use Building Toys
5. Use Apps, Games, and Gadgets
6. Use Indoor Jungle Gyms
7. Cook with your Kids
8. Make Art with your Kids

Give Attention



To get a child's attention, parents / teachers must also give attention. "It's easy for a parent to get stuck in a rut. Our attention is often scattered," Dr. Rojas says. "But if our attention is scattered, and we can't bring ourselves back to the moment, we can't expect a child to be able to do so."

Reach out. Rather than calling out to a child across the room, stop what you are doing and go to the child. The best way to get your child to pay attention is to be physically near him/her when you're giving directions. Don't shout requests from the kitchen to the living room, says Margret Nickels, Ph.D., a clinical psychologist and the director of the Center for Children & Families at the Erikson Institute in Chicago.

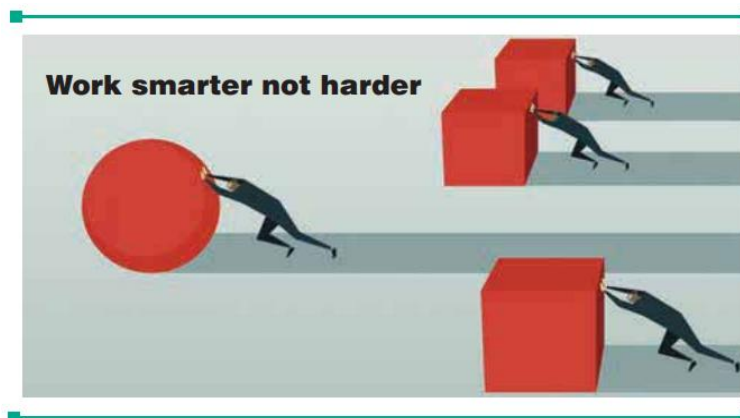
One of the most common questions I hear from parents is: How can I get my kid attention to me? Kids have a lot on their minds, from the history test to the soccer tryouts to the newest computer game. Parents can be dimly low on their list. Not to mention that when the brain is re wiring at age six, and again at age twelve, kids often feel overwhelmed by outside stimuli and tune you out. Even toddlers are very busy, since their job description is exploring (aka tearing your house apart.)

So kids have other things to think about. They also have different priorities, and they don't understand at all why it's so important to take their bath right this minute!

Of course, the parents who ask me how to get their child to listen aren't really talking about listening. They're talking about how to get their child to take in what they say--and take action! And yes, there are some tricks to make that more likely. Here's how.

Giving your child clear, concise instructions also help. Stand in front of them, make eye contact, be at eye level or touch their shoulder, and say, "I need you to do this now." If the request is ignored, you might ask your child, "What do you need to be doing right now?" When your child responds correctly, say, "Show me that you know what you need to do."

Simplify the Task



If your child thinks a task is too hard, they may zone out and stop paying attention. To help them tackle the project at hand, deliver the instructions in small steps, which work better than giving long-winded explanations, guilt-tripping, or yelling. For example, instead of telling your child to clean their room, it might be better to say, "First, pick up all your blocks, and then I'll come back and tell you what you need to do next." Sometimes even illustrating a routine on paper and posting it on the wall can serve as a good visual reminder, says Dr. Rojas.

Add Excitement to Tasks



Because many children struggle to focus on tasks they don't want to do—such as the structured, repetitive ones kids encounter when they enter school—you can help make a dull activity more fun by using a little creativity. For example, try asking your child to form the letter ‘S’ using rocks, toy cars, or wooden blocks rather than writing with a pencil on paper. Kids can also practice drawing letters with chalk, shaping letters out of Play-Doh, or even tracing a letter's form with paint on a big easel to make the experience more engaging

Sing your instructions or use a particular piece of music to prompt regular tasks. Portray usual instructions in unusual ways, e.g. instead of 'turn off the lights' ask your child to 'turn on the dark'. Use visual reminders on windows, doors or fridges, e.g. drawings or photos of the activity or items to be remembered.

Provide Opportunities for Physical Movement



Exercise can help kids pay attention, and school children who take breaks from class work to be active during the day can concentrate better on their assignments. Some children need movement in order to learn, rather than sitting quietly at their desks. For children who squirm, wiggle and niggle provide opportunity for physical activities. Encourage your kid to use outdoor toys like balls and jump ropes. Play outdoor sports that they like, and set aside time each day for family activities, such as going on a walk, playing in the park, or taking a bike ride.

Boost Brainpower



Your child's attention span can be trained to become stronger. Avoid tasks that require them to divide their attention, and instead, encourage them to use their initiative and priorities the order in which things are completed. Suggest activities that require concentration, such as completing a puzzle or even assisting with preparing dinner. You can also help by taking time to point out some of the small and interesting details in your surroundings, which models awareness for your child. For example, during a walk, you can stop to notice a bird's nest hidden in a tree or an animal track in the dirt, or talk about the shape and feel of the rocks you see at the playground. As your child's concentration increases with practice, their ability to focus will increase as well. Engaging multiple senses in the learning process engages multiple areas of the brain. And, the more areas of the brain that are actively working, the better.

Teach Your Child Focusing Techniques



Train your child in focusing techniques used in meditation. Starting with short sessions of a minute or two, have the child focus on an internal or external object, then when distracting thoughts appear have him refocus on the central object without getting worked up about having strayed. Gradually it is possible to lengthen the time spent focusing the attention. In class use this process before teaching new concepts.

Focus on Hunger and Fatigue



Parents should also be aware if something is getting in the way of a child paying attention. Are they hungry or tired? To combat hunger or fatigue, give them a snack before they start homework or any structured task. Make sure the snack is a healthy one, rather than one loaded with sugar and fat. Smart choices include whole-grain pretzels, raw veggies dipped in fat-free dressing or hummus, yogurt, and peanut butter spread on a banana or apple. A good night's sleep is important as well, so make sure your child is getting enough rest. And many kids need a little break when they come home from school.

"Everyone needs downtime. It helps us to come back and focus. If kids don't have downtime and they're over-scheduled, they may plead for downtime through their behavior," Dr. Rojas says.

Praise Your Child's Efforts



Encouragement is praise for effort – for example, when you can see your child is trying hard.

You can praise and encourage your child at any age. "A lot of times in our culture, we praise the outcome. We say 'Great job, look what you can do.' We don't focus on how wonderful it is that the child puts effort into something," Dr. Nickels says. Instead of saying, "You didn't write your name quite right," you should say something like, "You try so hard to hold your pen and stay within the line. That's wonderful."

Rewards reinforce the behaviour you want, but it's best not to overuse them.

Provide Immediate Feedback



Providing immediate feedback to children about their behaviour helps them to realise how it looks to others and enables them to take responsibility for that behaviour. You can provide feedback through using camera, video or audio recorder, full-length mirror, or by following them and describing their behaviour on a non-sarcastic, non-shaming way, or limiting their actions.

“If we wish to move mountains tomorrow, we must start lifting stones

Know When to Get Help

Sometimes, a child may have attention problems that are difficult to solve with simple strategies, and parents may need help from a teacher, pediatrician, or even a psychologist. Some red flags include a 4 or 5-year-old having consistent trouble engaging with anything for more than two or three minutes, needing constant guidance to do an activity that should be manageable, jumping from one activity to another, and being unable to control impulses.

A sudden change in your child's behavior could indicate stress in their daycare situation. When you experience problems or hurdles surrounding your child's faltering memory and attention span and the tweaks don't make a difference, seeking guidance from a certified developmental expert, counselor or psychologist may help. Again, it's worth remembering that different kids perform differently and there's no one set definition. However, since a problem as acute as an attention deficit can create big trouble later, picking up red flags early can definitely help attend problems quicker.

How can we help each other?

Parent

Positive parent-school communications benefit parents. The manner in which schools communicate and interact with parents affects the extent and quality of parents' home involvement with their children's learning. For example, schools that communicate bad news about student performance more often than recognizing students' excellence will discourage parent involvement by making parents feel they cannot effectively help their children.

Parents also benefit from being involved in their children's education by getting ideas from school on how to help and support their children, and by learning more about the school's academic programme and how it works. Perhaps most important, parents benefit by becoming more confident about the value of their school involvement. Parents develop a greater appreciation for the important role they play in their children's education.

When communicating with parents, consider your remarks in relation to the three categories that influence how parents participate. For example, are you communicating about?

- Classroom learning activities?
- The child's accomplishments?
- How parents can help at home with their child's learning?

Student

Substantial evidence exists showing that parent involvement benefits students, including raising their academic achievement. There are other advantages for children when parents become involved — namely, increased motivation for learning, improved behavior, more regular attendance, and a more positive attitude about homework and school in general.

Teacher

Research shows that parental involvement can free teachers to focus more on the task of teaching children. Also, by having more contact with parents, teachers learn more about students' needs and home environment, with this information they can apply better towards meeting those needs. Parents who are involved tend to have a more positive view of teachers, which results in improved teacher morale.

Good two-way communication

Good two-way communication between families and schools is necessary for your students' success. Not surprisingly, research shows that more parents and teachers share relevant information with each other about a student, to better equip both and this will help that student to achieve academically.

Opportunities for two-way communication include:

- Parent conferences
- Parent-teacher organizations or school community councils
- Weekly or monthly folders of student work sent home for parent review and comment
- Phone calls
- E-mail

Finally I would like to say something. For every problem there is a solution. There is no problem without solution. Only thing is that we have to think of a solution. As a parent or as a teacher one should sit together and discuss about the child and try to know about the child, how the child is at home and in school. Certainly, we can do wonders if our intention is to help the child. For this one should not

Hide anything about the child

Enter into arguments

Have egos

Listen to each other and understand and accept the truth that exists.

“EACH CHILD IS UNIQUE”



A Child is like a butterfly
in the wind
Some can fly higher than
others,
But each one flies
the best it can.
Why compare one against
the other?
Each one is different.
Each one is special.
Each one is beautiful.

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