

## Attention & Listening

**Attention and Listening is the ability to focus and keep attention on what you can see, hear or are doing.**



If your child has attention and listening difficulties they might be:

- Fidgety
- Tend to wander about
- Withdrawn/quiet
- Look for cues from others
- Distract self/others



There are a number of reasons why this might be so;



- they might have a hearing problem
- they might be upset
- they might be unwell
- what they see, hear, smell or touch might distract them
- there may be too much going on around them
- they might not be ready yet to try what is being asked

**Attention and listening is an important communication skill which develops over time**

Children progress from working with one thing to another for just a few seconds to being able to focus for a longer period of time on one thing and still be aware of what is going on around them.

**You can help your child by**



- Using as few words as possible and keeping what you say simple
- Having simple routines in place and using pictures or photos to explain
- Playing games to help them learn to listen like *Simon says* or *Musical Statues*
- Keeping time spent on activities short with little breaks in between