

DEVELOPING ATTENTION AND LISTENING SKILLS

STRATEGIES

- Reduce background noise where possible e.g. turning off the TV when your child is playing
- Follow your child's lead within the play
- If they become distracted, encourage them to return to the activity once for a few seconds. Reward them for returning to the activity
- Position yourself at your child's level so that they can see your face
- Gain their attention before speaking to them e.g. calling out their name, tapping their shoulder etc.
- Use sand timers to show how long the activity will last



ACTIVITIES

- **Books and puzzles-** use short books and puzzles to encourage your child to sit down with you for short periods. Increase the time they spend on this as their attention improves
- **'Ready, steady, go' games-** encourage your child to wait for you to say 'go' before carrying out the activity e.g. blowing the bubbles, rolling the ball, pushing the car down the car ramp etc. Increase the pause before 'steady' and 'go' as their attention improves. You can also encourage them to make eye contact with you and reward them with 'go'
- **Nursery rhymes-** Encourage your child to join in with nursery rhymes containing actions such as 'wheels on the bus', 'wind the bobbin up', 'head, shoulders, knees and toes'
- **Sound makers-** take turns to make noises using musical shakers, wooden spoon with pots and pans, dry pasta in a jar etc.





- **Run and touch-** say 'run to the ...' And add one item into the gap e.g. 'run to the tree'
- **Listening to the environment-** point out different sounds in the environment such as sounds in the home (telephone ringing, door bell), sounds outside (dog barking, car horn, birds tweeting, aeroplane flying)
- **Ball-** sit in a circle with a few other children and encourage them to roll the ball to each other. As their name is called, the child has to be ready to catch the ball
- **Stop and go games-** play games where your child has to perform an action in response to sound/music e.g. musical statues, musical chairs, sleeping lions etc.
- **Sound lotto-** play games where your child has to match the sound heard to a picture

