



“Through Your Child’s Eyes”

from [Understood.org](https://www.understood.org/en/through-your-childs-eyes) is a tool designed to simulate experiences associated with learning and thinking differences.

Click below to try it.

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<https://www.understood.org/en/through-your-childs-eyes>



Click the link below to learn more about mindfulness, the benefits for children, and a list of apps that children can use to build their mindfulness skills.

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<https://www.understood.org/en/friends-feelings/empowering-your-child/self-awareness/mindfulness-kids-who-learn-think-differently>

Difficulty Maintaining Focus and Attention

Children with developmental or learning differences, such as Attention Deficit–Hyperactivity Disorder (ADHD) or Autism Spectrum Disorder (ASD), frequently experience **focus and attention** challenges. Signs of **focus and attention** difficulties may include:

- | | |
|---------------------------------|-------------------------------------|
| Poor sleep quality | Inability to block out distractions |
| Day dreaming | Difficulty following directions |
| Excessive fidgeting or movement | Forgetting what they are doing |

These challenges can result in children not completing homework, not doing house chores, disruptive actions, poor grades, and difficulty making friends (to name a few).

If you think that your child may have difficulty with **focus and attention** the first step is to document your concerns. Write down the signs that you observe and ask your child’s teacher to do the same. Contact your pediatrician to discuss the concerns (bring the notes you and the teacher made). Your child’s pediatrician and school can help determine what type of evaluation is appropriate. The outcome of the evaluation will guide the course of action to best help your child.

Tips to Help Improve Focus and Attention

- Don’t procrastinate. Delaying the start of a task may lead to a loss of focus or attention on what needs to be done.
- Break down large tasks into smaller pieces. A large task will have many components which can lead to divided focus. By breaking a task into smaller pieces it can help a child maintain their focus and attention.
- Use one-step or two-step directions when breaking down large tasks (put your dirty clothes in the hamper vs clean your room).
- Use a timer and provide breaks based on your child’s needs (try 10-15 minute intervals with 5 minutes breaks).
- Practice mindfulness techniques (deep breathing, guided meditation, yoga) to slow down racing thoughts and drifting focus/attention.
- Create a setting that best suits your child’s focus and attention needs (use of tactile fidgets, music playing in the background, sitting on a yoga ball).
- Use gestures, visual aids, or scripted phrases to get your child back on task.
- Encourage a healthy diet, sufficient sleep, and exercise.

Upcoming Events

Date/Time	Topic	Link
Saturday 12/5 @ 9am & Saturday 12/12 @ 9am	Building a Positive Relationship with Your Child (two-part series)	https://parentnetworkwny.org/event/building-a-positive-relationship-with-your-child/
Monday, 12/7 @ 10am	Meaningful Communication with Your Child’s School	https://tinyurl.com/y3k5w7ne
Thursday, 12/10 @ 6pm	Transitions for Families	https://tinyurl.com/y3bt9cjl



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