

LIVERMORE LEARNS PARENT TIPS



Tip 2: Managing Distractions

Why It's Important:

Managing distractions in the home setting can be difficult, but is also an opportunity to develop skills in focus and engagement that children can take with them to use back in the classroom and in life as well. It can be helpful to engage your child in the process of discovering what works best for them when considering the ideas below.

Tips to Get Started:

- **Be strategic about tackling challenging work:** Try to make sure that the most challenging work is done during times of the day when your child has his/her best focus. The time of day will vary depending on the child. Consider asking your child when they feel most focused and work on a plan together.
- **Notice noise distractions:** If your child is distracted by noises, consider the use of noise-cancelling headphones if you have them or a part of the house with less noise distractions. Use of a white noise machine may also be helpful to block out more distracting sounds and/or conversations.
- **Consider visual distractions:** Visual activity, even that which can be seen in a child's periphery, may need to be eliminated and/or blocked if it becomes a source of distraction. Having your child shift what side of the room his/her desk is on or shifting where they sit at the table where distractions are out of view can be useful strategies. A study carrel (check out Google Images for ideas) may also work.
- **Take breaks:** It can be hard to focus for long periods of time, particularly on the computer. Alternate work time and break time, either with a schedule or use of a timer.
- **Keep a clean work space:** This can help children from becoming distracted by items at their desk or work area.
- **Use flexible positioning:** Sometimes children can focus more if given the opportunity to move (walk back and forth), lay down, or stand to work. Allow this and encourage your child to share with you what they found to be most helpful.