

FREE INFORMATION SHEET

Is your child easily distracted by noise or movement in the room?

Do they flit from game to game?

Do they get restless when you read them a story or try to play with them?

Being able to listen and concentrate helps children learn what's going on around them and helps their speech and language skills develop.

Follow these simple steps to help improve your child's concentration and listening skills.



TOP TIPS BEFORE YOU START

- Switch off any background noises e.g. T.V, radio, washing machine etc.
- Make sure there are no other distractions – put other toys away and try to keep other children occupied.
- Choose a time when your child isn't tired, hungry or irritable.
- Keep each game short and fun.
- Speak in an excited and interesting voice.

EARLY LISTENING

Sing songs e.g. the wheels on the bus

Post shapes into shape sorters

Roll cars down a roll-away track

Copy sounds - bang on an old tub with a spoon and see if they can copy you

EARLY LISTENING CONTINUED

Blow bubbles and watch them float up and down and get your child to pop them.

Build towers with bricks and knock them down – “CRASH”

Look at simple books together, talk about the pictures, even if it's only 1 or 2 pages – praise them for looking

LISTENING AND CONCENTRATING FOR LONGER

Hide a ticking clock or musical toy in the house and help your child to find it



LISTENING AND CONCENTRATING FOR LONGER CONTINUED

Musical bumps - dance/run/walk to the music and fall to the floor when they hear it stop.



Puzzle boards - fit puzzle pieces in and praise them for finishing, see if they can do it again. (Try this at the table).



Match noises using pictures and sounds – make different animal/vehicle noises and encourage your child to find the picture that goes with it – then post the picture into an old cereal packet or box.



Remember

Praise your child for playing even if it was for a short time; tell them how they did 'good looking' and 'good listening'. Follow their interests with toys. This way they are more likely to stay and play.

IF YOU ARE WORRIED ABOUT YOUR CHILD'S TALKING OR WOULD LIKE MORE INFORMATION, PLEASE CALL YOUR LOCAL SPEECH & LANGUAGE THERAPY SERVICES.

To contact Afasic please use one of the following:

Telephone: 020 7490 9410

Email: info@afasic.org.uk

Website: www.afasic.org.uk



BWRDD IECHYD PRIFYSGOL
BETSI CADWALADR
UNIVERSITY HEALTH BOARD