



Improving your child's concentration

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What affects your concentration?

- Fatigue
- Hunger
- Stress
- Worries
- Distraction
- Restlessness

Routines

- Children like structure and to know what comes next
- A good routine helps to avoid children who are over-hungry or over-tired
- A good bedtime routine is a good habit for life

Make sure they get enough sleep.....



How much sleep do children need?

- Newborns
- Infants 3-11 months
- Toddlers 1-3 years
- Preschoolers 3-5
- School age 5-12
- Teenagers
- 14-18 hours
- 12-16 hours
- 12-14 hours
- 11-13 hours
- 10-11 hours
- 8.5-9.5 hours

When and what you feed them matters a great deal....





Lots of exercise....



Talk to your child and listen out for signs that they are worrying about something. Make time to talk to them without distractions.

Children also need to learn ways of dealing with stress. Some may talk their worries through with friends, others burn it all off with physical activity....



Others may
enjoy
techniques
like
meditation
and yoga.



Keep a control over content and quantity of video games, and television.





ADHD (attention deficit hyperactivity disorder)

- Inattentiveness, hyperactivity, impulsivity.
- Symptoms need to have started before age 7
- Present for at least 6 months
- Symptoms that are causing difficulties in at least 2 different settings

Associated conditions

- Anxiety
- Sleep disorders
- Conduct disorder
- Oppositional defiant disorder
- Learning difficulties eg dyslexia (1/3)
- Depression
- Epilepsy
- Tourettes syndrome

Treatment

- Parent training and education
- Social skills teaching and CBT for children
- Working with the school/nursery
- Medication

5 top tips for ADHD

- Be positive and look after yourself as well.
- Provide structure but do not pack their schedules too tightly
- Set clear boundaries, and praise++ good behaviour
- Exercise, sleep and diet
- Support them in making friends



Thank you for listening.