

STRATEGIES TO HELP YOUR CHILD STAY FOCUSED

After a concussion, you might notice that your child's focus and attention are off. For example they might struggle to stay focused on a household chore like setting the table. Or it could take longer for them to complete homework. Here are some simple tips that can help.

Health Tips

- Making sure your child gets a good night of sleep:
 - If your child is 6-12 years old: 9-12 hours a night
 - If your child is 13-18 years old: 8-10 hours a night
- Ensure your child eats regularly (meals and snacks) and drinks fluids throughout the day.
- Have your child try exercising before they study. Even 15 minutes of aerobic exercise can help avoid distractions and maintain focus on work.




Tips to Limit Distractions

- Loud or busy settings can make it hard to concentrate and remember things.
 - Noise-canceling headphones can reduce distracting household sounds, like washing machines, or other family members talking.
 - Put their phone on silent, or even better, have them store it out of sight.
- If lights bother your child, try to find a way to reduce the glare.
 - A hat or cap can provide shade for their eyes.



Tips for Time Management

- Use tools that help your child stay organized. Keep track of assignments in a planner or on a phone app.
- Encourage your child to recognize when they are feeling stressed or experience other changes in their emotions. Emotions can interfere with concentration and learning.
- Encourage your child to take regular breaks
 - They might not be able to work for as long as they normally do.
 - Getting up to walk around, do some stretches, get some water, etc. can help reset their focus and attention.
- Break tasks down to something that they are confident in their ability to do.
 - For example: have your child focus on their work for just 5 minutes, or to write ONE paragraph, and then give themselves a break.
- Reduce the pressure. Instead of trying to write a complete essay, have your child start by writing a rough first draft.

Learn more about strategies to help with staying focused:

- [Tips for Helping Your Child Focus and Concentrate](#)
- [10 Practical Tips to Improve Focus: Foods, Exercises, and Tools](#)
- [Why can't I focus at school?](#)
- [Managing Your Emotional Reactions](#)
- [Helpful Vs Harmful: Ways To Manage Emotions](#)