

Supporting attention

Preschool

Interests, desires, and intentions are the conductors of attention.

Types of attention



Selective attention

Ability to select one source of stimulation as more important than others.

Sustained attention

Ability to maintain focus on a task or object for an extended period of time.

Divided attention

Ability to perform multiple task simultaneously.



Tips

Stimuli

Limit background noise and other distractions.

Mindfulness

Used to focus attention on the present moment.

Physical activity

Sport has positive and long-term impacts on attention.

Providing an educational environment

- Daycare attendance and varied learning methods support their focus and interest, activating their learning.

Clear instructions

Provide clear and concise instructions.

Give brief and simple commands.

Visual cues

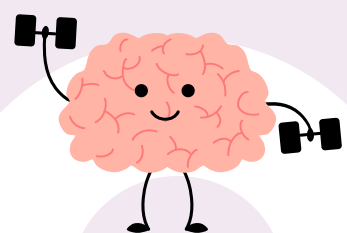
Provide visual cues to help the child focus their attention on specific tasks and demands.

Feeling Called upon

Offer activities that interest the child and get them in action.

Making Physical contact with the child when speaking to them.

To improve the concentration of children, encourage them to



- Observe and listen to specific tasks or games for short periods of time.
- Focus on one activity at a time.

SYNAPSE
360



Accompagnement
TDA/H & SGT

For more tips and tricks on supporting attention in the preschool years, don't hesitate to contact us.

Sources :

1. DUVAL, Stéphanie. (2019). L'attention chez l'enfant de 3 à 7 ans. Les éditions passe-temps. L'attention chez l'enfant de 3 à 7 ans (passe-temps.com)
2. HAMMARRENGER, Benoît. (2017). 10 questions sur le TDA/H chez l'enfant et l'adolescent. Édition midi trente.
3. BÉLANGER, Stacey. (2019). Le trouble de déficit de l'attention avec ou sans hyperactivité. Édition CHU Sainte-Justine.