

Inattention in children

Children aged 6 to 12

Attention

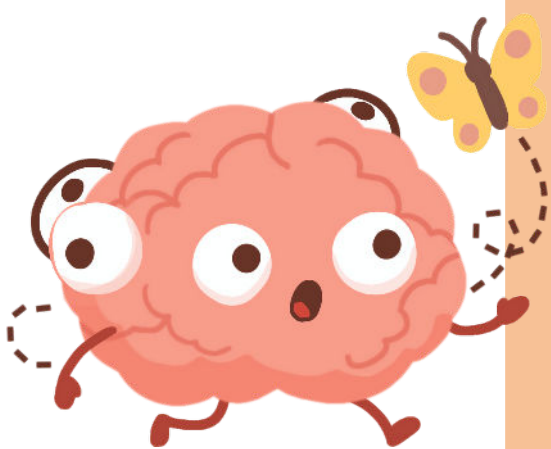
It can be defined as the cognitive ability to **focus** on certain information, sensations, or thoughts while **ignoring** other stimuli. It is a **dynamic** mechanism that allows us to select what is **relevant**.

ADHD mixed profile

- The most common
- Problems with **impulsivity**, **hyperactivity**, and **inattention**

ADHD inattentive profile

- Difficulty regulating their **attention**
- No problems with impulsivity or hyperactivity



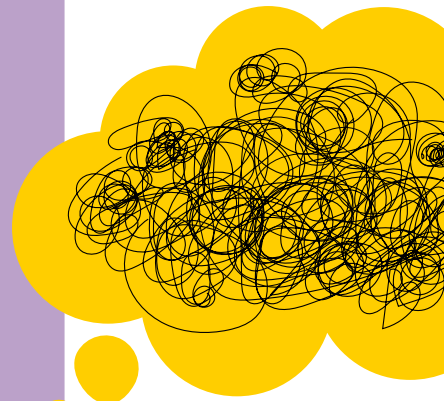
A child who has difficulty maintaining sustained attention:

- Tends to make careless mistakes;
- Appears not to listen when spoken to;
- Struggles to organize their work;
- Does not want to follow instructions;
- Is reluctant to engage in tasks that require sustained concentration;
- Often loses their home/school materials.

DISRUPTIVE ELEMENTS

Several external factors can impact attention:

- 1.Environmental context
- 2.Emotional availability: family conflicts, disturbances
- 3.Lack of discipline
- 4.Motivation
- 5.Level of fatigue
- 6.Behavioral disorders
- 7.Fragile self-esteem



TIPS AND TRICKS:

- Reduce sources of distraction;
- Lower stimulation by introducing breaks;
- Increase hours of sleep;
- Encourage healthy eating;
- Reduce screen time;
- Increase reading time;
- Be patient and understanding;
- Facilitate learning by:
 - Dividing study time into small blocks;
 - Finding creative ways to make learning fun;
 - Positively reinforcing progress.



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| www.synapse-360.com |

For more tips and advice on supporting people with ADHD, feel free to contact us!

Sources :

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