

Dear Families/Caregivers,

Focus is the ability to direct one's attention and ignore distractions. Being able to focus helps children learn. With practice, the brain can be trained to better focus its attention to learn and reach goals. This year we are learning and demonstrating focus skills.

We have been learning some strategies to help us focus our attention on what we are learning. Here are some strategies to help us focus:

- **Look.** Look at what needs your attention.
- **Listen.** Listen to what needs your attention.
- **Focus for a short time.** Start with a few minutes of focus. Then take a break.
- **Bring thoughts back.** When your thoughts wander, bring them back.
- **Practice. Practice. Practice.** Focus takes practice.

Here are some things you can do to help your child focus at home:

- Read to your child. Start with short picture books. Then move to longer stories with fewer pictures. Build up slowly. Ask your child questions about what you read.
- Play listening games with your child. There are many different listening games available to purchase or free online.
- Give your child two directions to follow such as, "Go brush your teeth and find a book." As your child is able to follow two directions, increase the number of directions. Make it into a game.