

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 strategies to stay focused.

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

- **Take a big breath.**
- **Focus your eyes on what needs your attention.**
- **Listen to what needs your focus.**
- **Focus for a short time.**
- **Bring your thoughts back.**
- **Practice, practice, practice.**

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

- Read to your child and build up the level of the books slowly. Ask your child questions about what you read, and praise your child for reading for longer periods of time.
- Play games with your child that encourage focus such as mazes, and puzzles. Focus games are available both free on the internet and for purchase.
- Give your child household tasks to focus on, such as folding laundry or helping to cook a meal. Talk to your child about the importance of focusing to successfully complete tasks.