



How can I help develop my child's attention and listening skills?

- Be a listener – model listening to other children and family members. You can demonstrate the skills involved. If you're listening, you're usually at the child's level, watching what they're doing and listening to what they're saying. You're also waiting and giving them time. This allows them to talk without pressure and shows that you value what they're saying. You can also talk about how we listen and what we need to do to listen. Explaining this to your child makes it clear what listening is and how to do it.
- Know what stage your child is at – that way you can help scaffold them and move on to the next level. By knowing what stage your child is at you'll also have realistic expectations for their next steps. Find out more [here](#).
- When you want your child to focus you need to gain their full attention – say their name and wait to see if they respond. If they don't, try again and if they are absorbed by something else, they may need a light touch so that they can turn towards you.
- Wait – you may need to give your child time to focus and respond to you.
- Try some listening games like going for a listening walk (inside or outside) to see what you can hear. You can take pictures of all these things and try to make the sounds.
- Think about background noise. Trying to keep your environment quiet will help children to focus on one thing at a time without competition from lots of sounds.