



Attention and listening checklist

Use this checklist to help you reflect on how you help children with attention and listening difficulties - either as a practitioner or as a parent. It's a good idea to use a different checklist for each individual child.

It will become clear to you which of these strategies comes quite naturally to you - and others which might need a little more practice. Choose ONE goal at a time - and practice it for as long as it takes to feel more natural to you. Note the impact this change has on the child's confidence and self-esteem, as well as their attention and listening skills!

Then chose another goal.

It can be a good idea to share your goals with your colleagues, and even ask them to fill in a checklist as they observe you.

Did you...	No	sometimes	always	Comments....
Make sure you had the child's attention before you started talking to them?				
Keep your language simple and your instructions short?				
Break the child's activities into short achievable chunks - so that they can celebrate COMPLETING a task?				
Provide regular MOVEMENT breaks between activities?				
Provide opportunities for the child to do some pushing or pulling activities ?				
Use visuals or lists to help the child complete tasks in school, homework tasks or organise their belongings independently?				
Provide fidget toys or a bit of blue tack to help the child maintain their focus and attention for longer periods of time?				
Provide opportunities for the child to move WHILST completing their work or activities?				
Acknowledge the child's strengths in being able to pay attention to lots of things, even though it's hard for them to focus on one thing at a time?				
Recognise, praise and encourage the child for their other efforts and abilities?				
Give lots of verbal praise and tangible rewards e.g. star charts, ping pong balls in a jar etc?				

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