Manchester Local Care Organisation

Trafford Local Care Organisation

Attention and Listening

Strategies to support children at home

Environmental

⇒ **Reduce distractions and background noise** e.g. turning off the TV or radio when it's play or listening time

⇒ **Reduce your child's screen time to a maximum of one hour per day**. A child can 'switch off' when watching videos or television as they do not have to listen and respond to it

⇒ **Reduce the number of toys or activities available** to your child at one time to encourage them to play with one thing for longer. You could offer your child a choice of two toys to begin with and wait for them to indicate their choice

Adult-child interaction

⇒ Get **face to face** with your child before speaking with them as this supports them to look up at you and give eye contact

⇒ **Cue your child in to listen** by saying their name and, if necessary, giving them a gentle tactile cue such as touching their arm

⇒ Use **short, simple language** when giving an instruction. Use gestures (e.g. pointing) or the real object to support your child to understand (e.g. 'nappy time' – show nappy)

⇒ **Follow your child's lead** when it's play time. Children are more likely to attend to motivating activities for longer and respond to adult participation

⇒ **Copy** what your child is doing in play and see if they notice you and begin to wait in anticipation for you to copy. This supports early turn-taking skills which is important for later language and social interaction development

⇒ **Praise your child using specific praise e**.g. good looking, good sitting, good listening when they do examples of these throughout the day. You can incorporate these into everyday routines – for example "good sitting" after eating and finishing their snack at the dinner table before moving on

Sound modelling and identification

⇒ **Listen to and identify different sounds** as part of a child's every day routine e.g. phone ringing, fire engine outside, tap running. Talk about what you can hear and make it fun and exciting!

⇒ **Make symbolic noises** as you are playing to reinforce these sounds e.g. dog barking "woof woof", cars go "beep beep"

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