



Tips to consider when doing activities with a child

- ✎ Inform the child how long you would expect them to take to complete the task
- ✎ Positive reinforcement should be given when the child attempts to complete the task in the allotted timeframe
- ✎ Give realistic timeframes allotted to allow the child to organise themselves before the task commences
- ✎ Assist the child in identifying steps needed to begin and complete the task in the time
- ✎ Focus on positive behaviour e.g. "Look at the paper" not "Don't look over there"
- ✎ Demonstrate the steps/instructions prior to beginning the task
- ✎ Give a series of short tasks so that success is immediate
- ✎ Ask the child to repeat the instructions or directions given and if possible to write them down
- ✎ Challenge the child in a positive way to complete more repetitions of a task i.e. "see if you can break your own record"
- ✎ Monitor the length of time the child can concentrate and structure the task so it can be completed in that length of time
- ✎ Activities should not be too easy or difficult – this takes some skill and practice to achieve
- ✎ Involve the child in planning the task as the child may be more motivated to participate and attend
- ✎ Make sure the child can complete the task within the set time frame as activity completion is motivating and reinforcing
- ✎ Be sensitive to the child's fatigue level and change the activity when appropriate
- ✎ Keep instructions brief and simple, draw attention to one feature at a time
- ✎ Making too many sounds/verbal cues can distract a child. Non-verbal cues can be useful
- ✎ Gradually increase the length of tasks to develop concentration skills
- ✎ For some children a tangible cue such as an egg timer will be a means of pacing themselves – for others this may just be too much pressure