

Strengthening Attention Spans

Using the age to minutes ratio, how long is your child's average attention span? Is that more or less than you expected?

Does your child need a quiet space alone to concentrate or a bustling room with the rest of the family? (And is that the same or different from what you need?)

When your child is having trouble focusing, do they withdraw and daydream or act out to get attention?

Which tip from today's episode will you try first?