

Supportive Steps: Attention & Listening



Communication
IS EVERYONE'S
BUSINESS

Minimise Distractions

- Turn off the TV
- Put your phone away
- Turn music off
- Tidy away other toys



Start small

Give your child individual attention before trying to engage them in a small group or activities with other children

Easy engagement

Copy what they are doing. This shows them that you are listening to them. See if they'll copy your words / actions / movements! This can help keep them engaged for longer!

Praise!

Make sure they know what they're doing well! For example, "good looking" "good listening, well done, "great sitting!"

Find out more
here:



Exaggerate!

When you get extra excited about an activity, your child will want to join you.



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Gain their attention

Get down to your child's level and call their name or show them a prompt in their eyeline *before* starting an activity.



Prepare them

Make sure your child knows what to expect! For example, give them “first & then” prompts such as “first we’re eating snack, then we’ll play a game”.

Direction

Help your child know where to look by holding toys in their eyeline or pointing to what you want them to look at.

Extend activities

Try to end activities on your terms. If your child walks away or indicates that they are finished, engage them for “one more turn” before finishing the activity.



Can they see you?

Try to sit opposite and close to your child! This way they can see all your facial expressions and anything you do.



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