

I am ready for school 😊

Why are attention span and concentration important?

Quite simply, we need to concentrate and pay attention in order to learn and to participate in activities. We need to be able to concentrate or we lose our train of thought. We also need these skills to socialise and join in conversations and activities with others. Your child will need to sit still for periods of time in school.



Over time your child should be able to concentrate for increasing amounts of time. Up to 10 minutes is normal for a 3-4 year old. Any more than that and they are likely to get fidgety and be unable to pay attention.

You can help your child by playing with them as this will help sustain their interest. You can gradually increase the time spent. You may need to remove other distractions.

Spending time regularly playing with your child has enormous benefits on their development.



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