

## I am ready for school 😊

### Why is it important that your child looks at you when you talk to her/him?



It is not unusual for children of any age to be so engrossed in what they are doing that they do not look up or react when you talk to them. However, they usually do when they are interested in what you are saying. By making eye-contact this helps to ensure your child understands what you are saying. It also demonstrates a connection with the child supporting emotional well-being by showing you are focusing on them.

Sometimes parents/ guardians are concerned because their child never makes eye contact. There are a variety of possible reasons for this, so it is best to bring this to the attention of a health professional. These may include visual difficulties, hearing loss or specific conditions such as Attention Deficit Disorder, Autism and others. Lack of eye contact may be one aspect of these conditions.

How often have you heard a parent, teacher or other adult say to a child 'Look at me when I'm talking to you!' The child is not being disrespectful or defiant. Children may not look at you because they find it uncomfortable to look intently at an adult's face, or they are embarrassed, upset or shy. It is especially hard to maintain eye-contact when someone is telling you off. If you insist they look at you then their attention will be on doing that and not what you are saying. Even as adults we find sustained eye-contact uncomfortable.



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