



REVIEW CHECKLIST

For helping my child pay attention

- Do I know how long my child can stay focused and on what?
- Do I take a realistic approach to attaining big goals by taking baby steps towards them, so my child can experience success?
- Do I manipulate the environment to reduce distractions when my child has to maintain attention?
- Am I alert to when my child is reaching his limit for paying attention, and do I help him make a smooth transition so he feels successful?
- Do I help my child prepare for change in advance by giving ample warning?
- Do I watch for signs of stress to prevent frustration so the positive momentum won't be lost?
- Do I find creative ways to expand my child's ability to pay attention and focus enjoyably?