

# Speech and Language Therapy Service's 'Help at Home' scheme

## CONCENTRATING & LISTENING

### Helping your child to concentrate

Is your child easily distracted by noise or movement in the room?

Do they flit from game to game?

Do they get restless when you read them a story or try to play with them?

Being able to listen and concentrate helps children learn what's going on around them and helps their speech and language skills develop.

Follow these simple steps to help improve your child's concentration and listening skills.



# Top tips before you start

- Switch off any background noises e.g. T.V, radio, washing machine etc.
- Make sure there are no other distractions – put other toys away and try to keep other children occupied.
- Choose a time when your child isn't tired, hungry or irritable.
- Keep each game short and fun.
- Speak in an excited and interesting voice.

## Early listening

**Sing songs** e.g. the wheels on the bus

**Post shapes** into shape sorters

**Roll cars** down a roll-away track

**Copy sounds** - bang on an old tub with a spoon and see if they can copy you

**Blow bubbles** and watch them float up and down and get your child to pop them.

**Build towers** with bricks and knock them down – "CRASH"

**Look at simple books** together, talk about the pictures, even if it's only 1 or 2 pages – praise them for looking



# Listening and concentrating for longer

Gradually increase the time you expect your child to concentrate for and try to get them to sit at a table for some games and discourage them from wandering away.

**Hide a ticking clock** or musical toy in the house and help your child to find it.

**Musical bumps** - dance/run/walk to the music and fall to the floor when they hear it stop.

**Puzzle boards** - fit puzzle pieces in and praise them for finishing, see if they can do it again. (Try this at the table).



**Match noises** using pictures and sounds – make different animal/vehicle noises and encourage your child to find the picture that goes with it – then post the picture into an old cereal packet or box.

**Remember** - Praise your child for playing even if it was for a short time; tell them how they did 'good looking' and 'good listening'. Follow their interests with toys. This way they are more likely to stay and play.

# If you are worried about your child's talking or would like more information, please call your local Speech & Language Therapy Services

Abertawe Bro Morgannwg University Health Board	Swansea, Neath Port Talbot and Bridgend
Aneurin Bevan Health Board	Blaenau Gwent, Caerphilly, Monmouthshire, Newport, Torfaen and South Powys
Betsi Cadwaladr University Health Board Wrexham & Flintshire    01978 727071 Conwy & Denbighshire    01745 443178 North West Wales        01286 662760	Anglesey, Gwynedd, Conwy, Denbighshire, Flintshire and Wrexham) as well as some parts of mid Wales, Cheshire and Shropshire
Cardiff & Vale University Health Board	Cardiff & Vale residents
Cwm Taf Health Board	the Cynon Valley, Merthyr Tydfil, the Rhondda Valleys and the Taff Ely area
Hywel Dda Health Board	Carmarthenshire, Ceredigion and Pembrokeshire.
Powys Teaching Health Board	Brecon, Newton, Montgomeryshire and Knighton, Becknockshire and the remainder of Radnorshire

Afasic Cymru is the only charity in Wales, representing children & young people with Speech, Language & Communication Needs (SLCN), with a particular focus on Specific Language Impairment (SLI)

[www.afasiccymru.org.uk](http://www.afasiccymru.org.uk)

Afasic Cymru acknowledges Amy Hewer, a S&L Therapist at Betsi Cadwaladr UHB & Wrexham Flying Start for working in partnership to produce this information.

Production of this leaflet has been funded by  
The Waterloo Foundation & Welsh Government

 thewaterloofoundation



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Welsh Government