

Parent Tip #5

Limit distractions. Siblings, gaming devices, tablets, television shows, or other distractions are likely to take your child's attention away from schoolwork.

- Try to limit distractors to scheduled break times. Set a timer to signal the end of a break.
- Try playing music with 50-80 beats per minute in the background, such as classical music, (if your child does not find it distracting) nature sounds, or video game music (without the visuals, of course). Music has been found to have a positive impact on productivity and concentration. You might find that music helps you focus more and be productive, too!

Adapted from Florida Inclusion Network

