

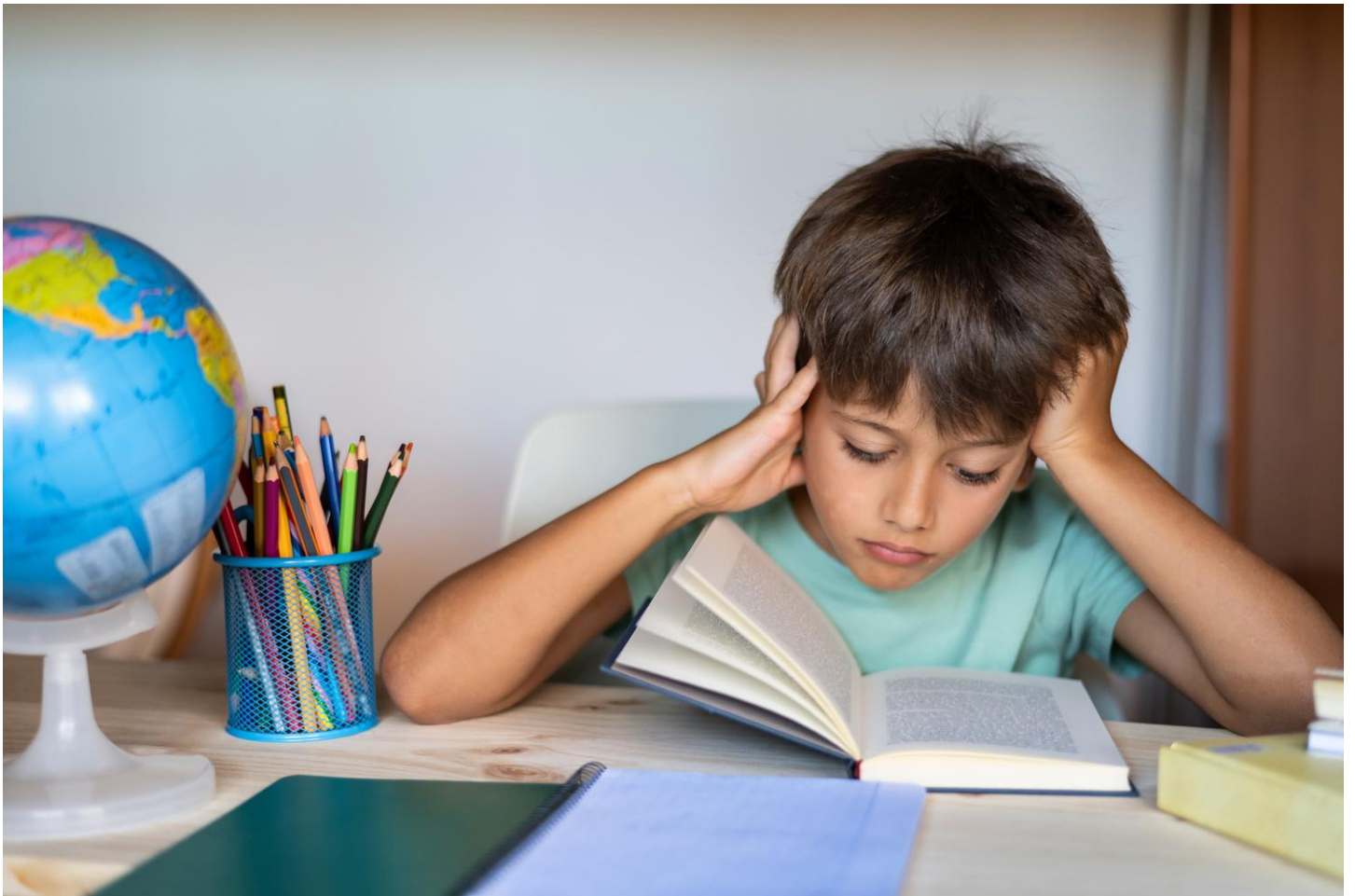


# Preparing Your Child for Success in School: 9 Ways to Improve Attention Span

[www.kidsacademy.mobi](http://www.kidsacademy.mobi)

As a teacher, one of the things I pay close attention to is how focused each child is during class. This focus is such a great indicator on how well they'll do in school! I love sharing insights with parents about their child's behaviors, and many of them appreciate hearing about their child's ability to concentrate and any tips of improvement.

While there are many factors that contribute to academic success, a child's ability to sit still, listen, and complete tasks is a key that helps them learn in every subject. It's all about supporting our little learners on their journey!



Helping your child build their attention span would help them in school a great lot. This doesn't mean that they are being turned into little robots; rather, it just means that we are gently guiding them toward better habits that will enable their brain to be calm and engaged.

# What is a normal attention span by age?

Children's attention is different by age and it grows naturally as they age, but it is also important to know the realistic expectations. According to CNLD Neuropsychology, typical attention spans for children are about 2-3 minutes per year of age.

Here's a guide:

- Toddlers (Ages 2-3): 4-6 minutes
- Preschoolers (Ages 4-5): 8-12 minutes
- Early Elementary (Ages 6-7): 12-18 minutes
- Middle Elementary (Ages 8-10): 20-30 minutes
- Preteens (Ages 11-12): 25-35 minutes

It is important to remember that these are just estimates! Your child's attention span can really vary from day to day and often depends on how interested they are in what they're doing. They'll likely focus on activities they find fun, while they might drift off quickly on things they think are boring or tiring.

# What are the challenges related to attention span?



Many kids find it tricky to stay focused, and this often comes from their surroundings. Whether it's noise, too much stimulation, or not having a clear routine, these factors can make concentration tough. Some common signs include:

- Daydreaming or zoning out,
- Having trouble following multi-step instructions,
- Rushing through tasks,
- Frustration with longer or repetitive assignments.

## ADHD and Focus

Attention-Deficit/Hyperactivity Disorder (ADHD) is a condition that affects how kids focus, control their impulses, and manage their emotions. As a parent, it's natural to worry when you see your child having trouble concentrating on tasks. Remember, a short attention span doesn't automatically mean they have ADHD. However, if you notice that they're consistently struggling with inattention, distractibility, impulsivity, or

hyperactivity, and it impacts their daily life, it might be a good idea to chat with a specialist.

If you're concerned about how your child is focusing, reaching out for some professional advice can be really helpful!

For helpful insights from an educator's point of view, check out [this article from Kids Academy](#). It shares great strategies for managing attention deficits and reducing overstimulation. While it's targeted at teachers, there's plenty for parents to learn as well, especially when it comes to creating a calm and supportive environment at home.

## Best Practices to Improve Focus Naturally

Helping your child focus can be a fun and rewarding adventure for both of you! Here are some friendly tips to boost their attention in enjoyable ways:

### 1. Create Routines

Kids thrive on predictability! Set up a regular routine at home for meals, playtime, learning, and bedtime. You can even use colorful visual schedules or timers to help them smoothly transition between activities,

### 2. Practice Mindfulness

Mindfulness can be a fun game! Try some breathing exercises/short yoga exercises or sound games, like "Guess the Sound." You can spice things up at home with call-out phrases - like "Mac and Cheese!" which prompts with "Everybody Freeze!" There are tons of fun ideas online to explore!

### 3. Break Tasks into Small Steps

Big tasks can be overwhelming. Instead of giving them big tasks, you can break it into small steps. Instead of saying, "Clean your room," you can say, "Pack away all your toys first." This way, your child won't feel daunted, and they can tackle things one step at a time!

### 4. Play Focus-Building Games





Games can be a fantastic way to sharpen focus and memory! Here are some favorites:

- I Spy - for observation skills
- Simon Says - for listening and following directions
- Puzzles - for problem-solving and patience
- Board Games - for strategizing

## 5. Limit Screen Time

In school, we typically recommend limiting screen time, especially for younger kids because we see how it affects their performance. So, it's wise to keep screen time in check. Research found that kids do better academically when they stick to a routine of less than 2 hours of screen time, getting 9-11 hours of sleep, and having over an hour of physical activity each day. These habits really can make a positive difference in how kids do in school!

## 6. Encourage Physical Activity

Moving around helps kids release energy and keep their focus sharp! You can play outside with them or just dance around the living room. If you like exercising, invite them to join in your exercise routine. It's a great way to bond while keeping them active!

## 7. Lead by Example

Kids learn a lot from watching adults. If they see you being calm, patient, and focused, they're likely to mimic those behaviors.

## 8. Use Positive Reinforcement

Celebrate your child's efforts and cheer them on when they complete tasks. This positive encouragement can really help motivate them.

## 9. Minimize Distractions

Create a peaceful, tidy space for study or playtime. Keeping their room clutter-free and quiet can help them focus better.

With these fun and friendly strategies, you can help your child strengthen their attention skills while making wonderful memories together!

## Final Thought

Building a child's attention doesn't have to be all about strict rules and limits. It's really about creating a warm and calm environment that sparks their natural curiosity! Each child is unique, so it's important to choose fun and safe strategies that work for them. With a little time, encouragement, and the right techniques, you'll help your child grow into a confident learner who's ready to shine in school and in life!

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