

Finally, if you want to enhance concentration there are a few things that can be done at home to help. One of the first things is to turn off the TV and computer or other forms of technology. Many of the things children engage with in the land of technowizardry require very limited levels of concentration. Now some of you might be saying my child can concentrate on 'Playstation' for hours but what they are actually doing is shifting their attention in rapid and superficial ways and it is the bells and whistles or competition that captivates them. In fact, recent studies are showing that because of the way video games and the internet work, children are becoming less effective at recovering from disruption when faced with complex cognitive tasks. In other words, technology offers rapid sensory stimulation but limited opportunities to engage in activities that enhance concentration and deep thinking. Better alternatives include chess, board games, story telling and games involving pattern recognition, missing elements or opposites.

The ability to concentrate and/or maintain focused attention is both developmentally and environmentally influenced...nature and nurture work together and as such parents and teachers alike can positively influence a child's growing capacities to concentrate and succeed.

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