

Dear Families/Caregivers,

Focus is the ability to direct one's attention and ignore distractions. Being able to focus helps children learn. With practice, the brain can be trained to better focus its attention to learn and reach goals. This year we are learning how to identify distractions and advocate for ourselves in order to focus better.

We have been learning some strategies to help us focus our attention on what we are learning. Here are some strategies for staying focused in spite of distractions:

- **Know what needs your focus.**
- **Identify what distracts you.**
- **Advocate for yourself.**

Here are some things you can do to help your child focus better at home:

- After school, encourage your child to take a break and do something he or she enjoys doing before focusing on homework. Provide a nutritious snack. Check in with your child while he or she is studying to help him or her address any distractions.
- Set aside a quiet place for him or her to do his or her homework and/or study. Know your child's learning style. If your child is easily distracted by noise, provide him or her headphones or ear plugs while studying.
- Challenge your child to try a new activity and focus on improving their ability to complete the activity. New activities take more focus. Talk with your child about what will need his or her focus, identify any potential distractions, and advocate for his or her needs.