



Strategies to support your child in life and learning.

Supporting your child’s learning and development doesn’t have to be complicated - it can fit right into your everyday routines.

These simple strategies from our Occupational Therapists are easy to try at home or school and can help build focus, independence, and confidence. A few small tweaks can make a big difference



Minimise distractions and disruptions.

You can help your child maintain attention by reducing visual clutter, background noise, and unnecessary images or words on worksheets. Arrange the desk or workspace so that it contains only the resources and items needed for the current task.



Offer instructions verbally and in writing.

Encourage children to repeat instructions back to you as this can help with retention and understanding.



Regular routines provide structure and predictability.

Routines support children in understanding rules and expectations both at school and at home.



Keep task instructions simple, clear and concrete.



Build in regular breaks.

Providing regular movement and attention breaks helps improve focus and self-regulation. Alternating breaks with work periods supports productive learning at home or school.



Utilise visual aids including visual schedules and timers.

These tools serve as reliable visual references and offer clear, predictable guidance in both home and educational settings.

Activities may include:

- Free drawing for 5 minutes
- Listen to a song
- Kids yoga
- Run on the spot or jumping jacks
- Cleaning the board or packing up resources



Transitions can help children move from one task to the next.

This can be done through giving clear instructions or using a visual timer to indicate when the next activity starts.



Use feedback to build confidence.

When providing feedback, highlight **perseverance, effort, strategy, and actions** instead of concentrating only on results.

This approach can also help with building self-confidence.

For example:

- “You worked hard to get that right” (effort)
- “That was a good plan to try the hardest question/activity first while you are fresh with energy” (strategy)
- “You asked some good questions to start the activity and then you completed it on your own” (action)

