

HOW TO IMPROVE CONCENTRATION

Environment:

- Set up a distraction-free homework space
- Simplify and eliminate the stuff in the client's bedroom
- Limit distraction from the TV, computers, tablets, phones and traffic from other family members
- Request a distraction-free environment at school

Headphones or Earbuds:

- Wear headphones or earbuds while doing a task to reduce distractibility
- Use headphones with or without music to block out sound

Determine Attention Span:

- Figure out how long you can hold your attention to tasks by setting a timer when you start a project or homework and notice how much time has passed as soon as you realize you are distracted
- Divide tasks into chunks that did not exceed this time and use an alarm to alert you to take a short break

Alarms and Timers:

- Use tools such as alarms and timers and apps to help stay on task

Distractibility Delay:

- Write down distractions when they emerge as opposed to impulsively acting on them

Mindfulness Skills:

- Learn and practice mindfulness skills that teach the brain to stay focused

Neurofeedback:

- Use Neurofeedback to improve concentration

Complementary Therapies:

- Get regular exercise
- Work with an ADHD coach
- Incorporate Brain Gym movements into your day
- Use Interactive Metronome to improve timing
- Assess Sensory Integration issues and treat if present
- Use massage, chiropractic, acupuncture for general calming

Sleep:

- Figure out if you are getting enough sleep
- Remove activities from bedroom
- Go to bed and get up at the same time every day
- Use an alarm to remember to get to bed on time

Zinc and Ferritin:

- Test for zinc and ferritin deficiencies
- Consider supplementation if low