

## Educating – learning useful starting methods (teaching methods)

What:

- Make smaller tasks to facilitate completion.

Why:

- It is easier to pay attention for a shorter period of time.
- It is difficult to sustain focus.
- With practice and reinforcement, children can gradually increase attentiveness.

How:

1. Establish baseline mastery (*what's the best they can do – e.g., 3 minutes*).
2. Establish a plan for achievable goals; progress to the next goal after achieving mastery.
  - a. Divide large tasks into smaller ones.
  - b. Use task checklists [a list of what the child needs to do which provides an organizational structure].
  - c. Provide specific timelines to improve focus and time management.
3. Use multimodal communication. [Voice, pictures, sounds, writing, gestures, etc.]
4. Offer frequent reinforcement.

Examples:

1. Use a watch to time several activities to establish baseline ability to attend
2. Choose developmentally appropriate increments for increasing attention time goals [one minute, two minutes, five minutes...]
  - a. Divide a writing assignment down into small steps:
    - i. “Let me help you get ready.”
    - ii. “Before you write, tell me what you are going to write about.”
    - iii. “Write down what you just told me.”
    - iv. “Using what you just wrote down, make a sentence to introduce your paragraph.”
    - v. “Tell me what happened in what you wrote.”
    - vi. “Can you summarize what happened in one sentence to end your paragraph?”
    - vii. “If you're having trouble writing, tell me what you're thinking and then we will help you write it down.”
3. Carefully modulate your voice and exaggerate gestures when giving directions; use written materials or graphics to provide further explanation.  
[[https://www.youtube.com/watch?v=Of\\_TDuhk3No](https://www.youtube.com/watch?v=Of_TDuhk3No)]
4. Start a five-minute session.
  - a. “Stay focussed for five minutes.”
  - b. “You're doing a great job!”
  - c. “Only one minute to go until you're finished!”
  - d. “Bravo, you did it!” (Over the course of five minutes, you've reinforced the child four times – Good job!)