



Improving Attention and Sitting Tolerance at Home

Why Why





What is Attention?

It is the ability to focus or concentrate on one specific thing while ignoring other distractions in the surroundings.





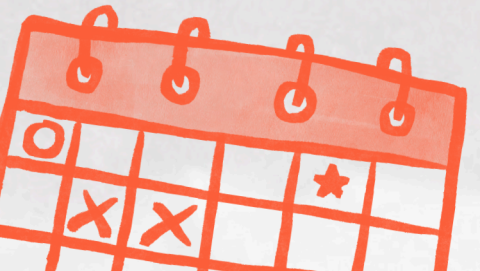
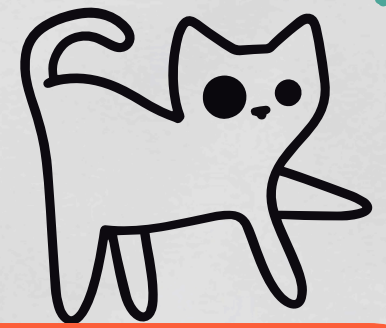
Types of Attention

Sustained Attention

Selective Attention

Divided Attention

Alternating Attention





Sitting Tolerance

It is the ability to sit still and remain focused on a task or activity for an appropriate amount of time.





Developmental Milestones



Briefly watches faces and movement; turns toward sounds.



0–6 months

Focuses on a toy for 1–2 mins; enjoys short games like peekaboo.

6-12 months

Follows simple instructions; attention span: 4–6 mins; sits briefly for simple stories.

12-24 months

Follows 2-step directions; sits for 5–10 mins with support; enjoys short routines and rhymes.

2-3 years

Sits independently for 10–15 mins; begins taking turns & following group rules.

3-4 years

Sits for 15–20+ mins; participates in structured activities, controls impulses better.

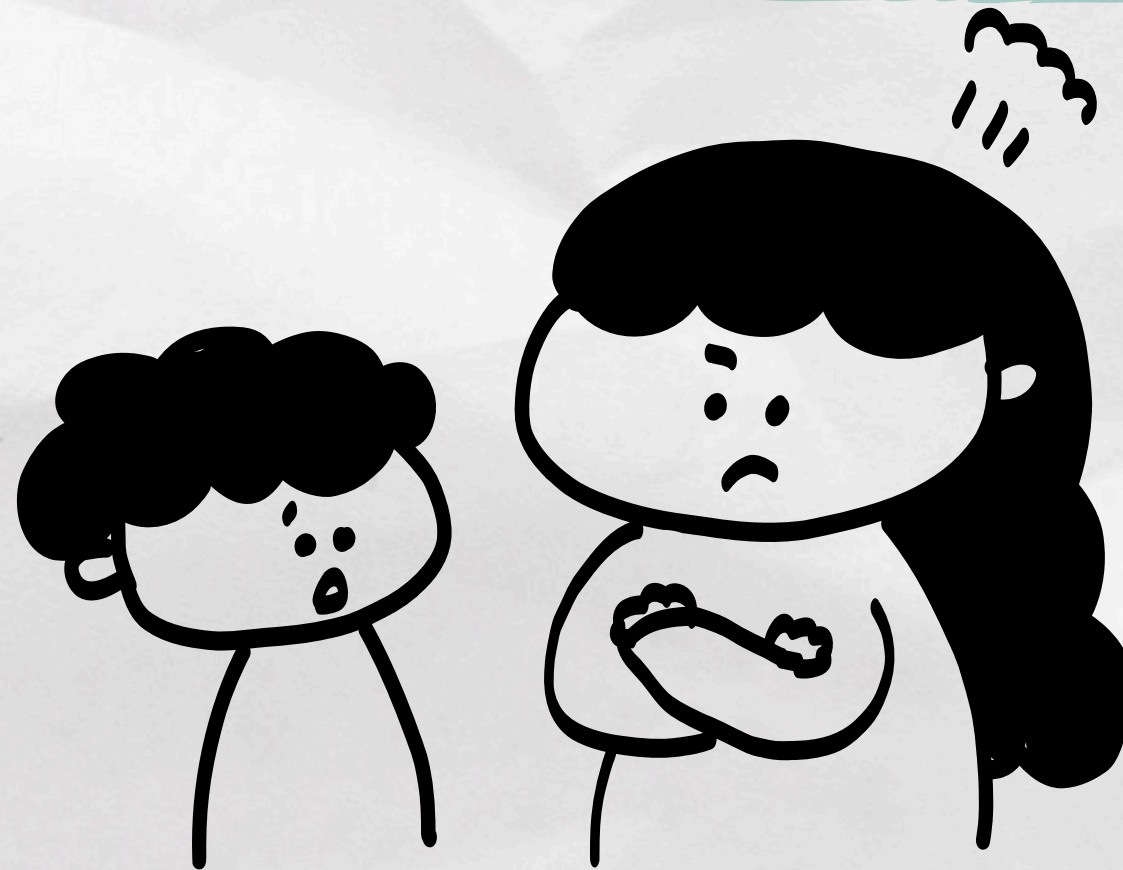
4-5 years



Parent's Complaints

"My child gets distracted by everything!"

"They throw tantrums when I ask them to do something"



"They won't sit in one place!"

"They copy stuff but don't understand it"

"They don't listen to me!"



Disorders

**Attention-Deficit/
Hyperactivity Disorder
(ADHD)**

**Autism Spectrum
Disorder (ASD)**

**Sensory Processing
Disorder (SPD)**

**Oppositional Defiant
Disorder (ODD)**

**Intellectual Disability
(ID)**

**Learning
Disabilities**

Language Disorders

Anxiety Disorders

Conduct Disorder

Depression

**They may struggle to focus or stay seated.
This might be due to sensory overload, low energy, difficulty
understanding, or feeling anxious or unsafe.**



Tips to Improve



Attention

Keep it Fun & Goal-Oriented.

Give Simple Instructions.

Break Tasks into Chunks.

Movement Breaks.

Catch & Celebrate Success.

Mindful Activities.

Healthy Habits.

Sitting Tolerance

Set a Consistent Space.

Start Small, Build Gradually.

Add Fidget or Sensory Tools.

Timers & Clear Goals.

Use Visual/Verbal Cues.

Praise Specific Behaviours.

Stay Consistent.





Why Does Routine and Structure Matter?

- Reduces Anxiety
- Boosts Focus
- Builds Independence
- Decreases Meltdowns
- Supports Emotional Control

Strategies To Help Maintain Routine and Structures

- First—Then Statements
- Use Timers
- Set Routines for Key Moments
- Keep Rules & Rewards Consistent





Thank You!!

