



## **Reducing distractibility tips**

### **Create a simple list of rules:**

Focus on the most important behaviours by creating a short and simple list of rules: e.g.: homework completion time, basic house chores etc. praise effort and accomplishment "Thank you for cleaning up, you did a great job!"; "Your homework was finished on time, awesome work!".

### **Use praise:**

Praise your child for simple good behaviours that you would like them to continue. A simple 'good job' or smile can go a long way.

### **Create a reward system:**

Rewards are more effective than punishments when motivating a child to change their behaviour. Make the reward system the same as school and home to keep consistency.

### **Homework Hour:**

Set aside a time each school day for your child to complete homework. If there are no assignments for that evening, they can still spend the time reading or studying. This routine reduces the chance that your child will forget or avoid their homework.

### **Establish structure:**

Establish a routine for homework, meals, playing, bedtime and preparing for school. Predictability and expectation is the key.

