

# **ATTENTION!**

- ✓ **Why can't my child sit still and listen?**
- ✓ **Why are they so disruptive?**
- ✓ **Why is learning so challenging for them?**

## **SELF REGULATION**

The term for knowing when and how to calm our energies

Adults use music, exercise, yoga, a coffee with a friend to find balance and support attention.

If a child can not be calm and focus (find an *optimal state for learning*), then all forms of learning and playing can be challenging. Children who have trouble regulating their “engines” need to be given the tools to “pay attention.”

**Attention is the foundation for learning and playing successfully.**

Occupational therapists at the Child Success Center teach children how to attain, maintain and change how alert they feel, so they can engage in learning situations with a sense of self-confidence, enhancing their self-esteem and life success.

“Imagine driving a car that isn't working well. When you step on the gas, the car sometimes lurches forward and sometimes doesn't respond. When you blow the horn it sounds blaring. The brakes sometimes slow the car, but not always. The blinkers work occasionally, the steering is erratic and the speedometer is inaccurate. You are engaged in a constant struggle to keep the car on the road and it is difficult to concentrate on anything else.” (Stanley Greenspan, “The Challenging Child” 1995)

Some children's cars are easier to drive than others. Every child needs to be taught how their engines “run.”

Ask an Occupational therapist for more information on the “**How Does Your Engine Run**” program and how we can help you and your child attend.



For The Right Start In Life

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