

Ways To Boost Concentration Power In Children



Try to understand what is diverting their attention.

Ask their teacher if they have noticed any patterns and observe them while reading, playing, or talking.



Minimize distractions

If they are studying, don't keep talking loudly near them or keep the TV on high volume.

Give them a specific time to complete a task and maintain a timetable. Keep them motivated with rewards once they finish the task.



Involve them in daily responsibilities such as helping with the chores and arranging the books to minimize their screen time.

Keep them physically active with outdoor games, activities, and exercises.



Take the help of a professional or have them practice concentration-boosting yoga asanas.