5 Routines That Sustain Attention

BECAUSE PARENTS TELL US...



They forget what they've just studied.



They rush or leave everything to the last minute.



They get overwhelmed and don't know where to start.



They guess instead of checking what they actually know.



They need guidance to become more independent.

1



Start by remembering, not re-reading

Before your teen opens their notes, ask them what they can remember first. It builds memory faster than reading it again.

2



Show them how to begin

When they're stuck, sit with them and talk through the first step out loud together.

3



Break it down and space it out

Help them cut big tasks into smaller chunks and spread them across the week instead of doing it all at once.

4



Ask questions instead of giving answers

When they're unsure, try "what do you think it might be?" before jumping in. It builds confidence and closes gaps.

5



Hand it back gradually

Each week try to do a little less for them and prompt them to figure it out themselves.



5 simple routines.
Less stress at home. **More progress in school.**