

## **Helping Your 4-Year-Old Build Attending Skills at Home**

Attending means staying with an activity, listening to directions, and finishing a short task. At age 4, this skill is still developing and improves with short, consistent practice.

### **Key Tips for Success**

- Practice 1–2 times per day
- Keep activities short (5–10 minutes)
- Sit with your child
- Remove distractions
- Praise effort, not perfection

### **Sit • Do • Done**

1. Sit at the table or carpet
2. Do one short task
3. Done → movement break

Good activities: small puzzles, sticker books (5–10 stickers), sorting toys by color

### **Move First, Then Focus**

Try before sitting: jumping, wall push-ups, animal walks

Say: “Your body is ready to work.”

### **Use Visual Supports**

First/Then cards, timers, picture checklists (2–3 items)

### **Practice Listening**

Start with one-step directions

Praise: “You listened the first time!”

### **Read Together Daily**

Choose short books, sit close, ask one question per page, stop while it's going well

### **Play With Purpose**

Build together, take turns, copy patterns

Say: “We’re staying with our work.”

### **Calm Body Practice**

Deep breaths, squeeze hands then relax, sit and count to 10

### **Chores That Build Attention**

Put away 5 toys, match socks, help set the table

### **Remember**

Small amounts of consistent practice make a big difference.