



Some Kids Study Better When...

There are several ways to change or maintain our level of alertness and attentiveness. Even if your study habits are different from your child's, it is possible that they will be able to concentrate and learn by using some of the following options. Watch for consistency of completion and quality of work. If either start to drop, remember the phrase, "This isn't working," and be willing to suggest other strategies! (Think "trial-and-error" and stay positive!)

NOISE PREFERENCES

- Prefers quiet
- Prefers listening to music, with or without headphones. Larger, old-fashioned headphones can provide pressure to help some kids concentrate.
- Prefers certain types of music. Thomas Armstrong, author of *The Myth of the ADD Child*, suggests that some kids are more focused and less hyperactive when listening to loud rock music. Note: It's OK to restrict music with "mean or obscene" lyrics.

LIGHTING PREFERENCES

- Availability of natural light
- Preference for subdued light
- Avoidance of fluorescent lights, which can increase hyperactivity and irritability in some individuals
- Use of colored acetate (EZC Readers, for example) to reduce glare and improve focus (colored acetate over text; reduces contrast of black text on white paper)

INTAKE PREFERENCES: Chewing, munching, snacking. Watch for food allergies and sensitivities

MOVEMENT PREFERENCES

- Moving, stretching, rocking
- Changing seating or position on seat
- Switching from chair to couch (or bed, or floor)
- Getting up to walk around
- Learning while moving (walking, skipping rope, bouncing a basketball)
- Hydrating (drinking water)
- Seating or Body Positioning preferences:
- Sprawling out on the bed, couch or floor
- Using a different kind of seat (therapy ball, bean bag chair, chair with arms)
- Putting a bungee cord or heavy-duty rubber band around the front legs of the chair at your child's desk or work space

AFFILIATION PREFERENCES

- Working alone
- Working with a friend or study partner
- Going over work with you
- Tactile anchor (when doing a listening activity, reading, or focusing in class, for example)
- Handling a beanbag, stress ball, other "fidget" toy; playing with pen or pencil
- Less obvious: string, piece of clay, twist-tie, pipe cleaner; velcro (can stick to underside of desk)
- Drawing, doodling

