



Family *wisdom*

Every few weeks we provide advice, expectations and support around the foundations of good child development. The aim is to prepare our children for adulthood. These cover:

1. Listening and attention;
2. Sleep, exercise and diet;
3. Preventing children from seeing harm/trauma/inappropriate TV or games;
4. Hygiene and personal care;
5. Boundaries and routines/assertive parenting;
6. Socialising.

If you have a good idea or thought to contribute, please get in touch with us.

Listening and attention

Why Listening and Attention Matter

Developing good listening and attention skills is crucial for your child's learning and success in school. Children who can focus, pay attention, and listen carefully have an easier time following instructions, staying on task, and absorbing new information and concepts. Without these vital skills, it is extremely difficult for children to learn and retain what is being taught.

The Danger of Too Much Screen Time

Unfortunately, many children today are struggling to build strong listening and attention abilities due to the abundance of screen time and digital distractions. Excessive TV, video games, tablets, and smartphones can overstimulate young minds and make it hard to concentrate for extended periods. The constant switching between activities trains the brain toward distraction rather than focused engagement.

The Benefits of Unplugged Play

One of the best ways to nurture listening and attention is through unplugged play like card games, board games, and other classic parlour games. These activities require children to concentrate, follow rules, take turns, and listen carefully. Games also build critical thinking, problem-solving, cognitive flexibility, and social skills. Just 30-60 minutes per day of this enriching play can pay huge dividends. Check out our website for ideas:

<https://st-peters-school.org.uk/parents/play-games/>

Keeping Your Child Safe

Beyond academics, strong listening and attention abilities also help keep children safe. Kids who can focus and follow instructions are less likely to miss important safety rules or warnings. They are better able to pay attention to their surroundings and any potential dangers. Attentive children are simply at lower risk in so many situations.

As parents, we all want to set our children up for success in the classroom and in life. Developing listening and attention from an early age provides an essential foundation. By limiting unhealthy screen habits and intentionally promoting enriching unplugged play, we can help our kids become more focused learners and safer individuals. It's a small investment that pays dividends for years to come.

Need more help?

Every child's trajectory is different, and some children will have additional needs. You may need to make some adjustments (you know your child best!) but 99% of our children have the same end goal - just maybe a different route to achieve it.

If you need more information, contact us and/or check out this resource on our website -

<https://st-peters-school.org.uk/parents/play-games/>