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How to Help the Child to Develop Concentration Power by Harry Yadav

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"Why all run after me to go to the school? Why I canâ€™t play all the day? I feel bore to listen to the lectures that our teachers deliver in the class. But yes, I love to play with my crayons and watercolor. I love when I pour a drop of color in my water bottle and it gradually gets diluted in the water, providing it a new color. Sometime I really wonder about mathematics; in our math class, the teacher tells us that 2 plus 2 is equal to 4. But I have a question, why it canâ€™t be 5? Whenever mom tells me to sit for the homework, I feel like escaping the place by any means. The school is no doubt a good place; but sitting in the class is not at all happening. I wish I would have a magic stick with the help of which I can fly into another world where boring lectures are not there."

It is not something unusual that almost every child thinks in the same way. When I was a kid, I love to go to the school, but at the same time hate to do my homework. Whenever I used to accomplish my home tasks, thousands of other creative thoughts distracted me from the actual task. It is a usual problem that not only me, but my friends also encountered. Being a child we always get attracted towards things that make us curious. We also develop distraction from things that do not cater to our area of interest.

Parents often complain about their childâ€™s distraction from their academics. If a fails to concentrate on the class lectures, it also harms the academic performance of the child. Moreover, to accomplish any task, concentration is a must need. The parents and teachers can help the children to improve their concentration level. These are briefly discussed below:-

1. Allow Extra Time- Allow the child to spend as much time as they want to grab a particular thing. The understanding level always varies from person to person. Never pressurize the child to accomplish any task in a hurry,

2. Encourage Free Time- Kids must enjoy the beauty of the life. In this rapidly changing world, parents often donâ€™t allow ample time to their kids for free play. But it may impact the child negatively. By enjoying the free play, the child become more inclined towards other things and also can concentrate better

3. Eat More Nutrients- Most parents donâ€™t need anyone to tell them that sugary treats can make their kids act crazy. But added sugars lurk in everything from yogurt to canned fruit, and refined-carbohydrate snacks like crackers and pretzels offer few nutrients and break down quickly in the body. Snacks make up a large part of any childâ€™s daily calorie intake, so make them as healthy as the meals you prepare,

Last but not least, take a long, honest look at your familyâ€™s general level of chaos. If you are panicking because youâ€™re running late, itâ€™s hard to expect your children to be calm and focused. Ki model their behavior after adults, and stress can lead to impatience, frustration, and anger. So always be enduring parents and try to act with your little ones with humbleness.

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