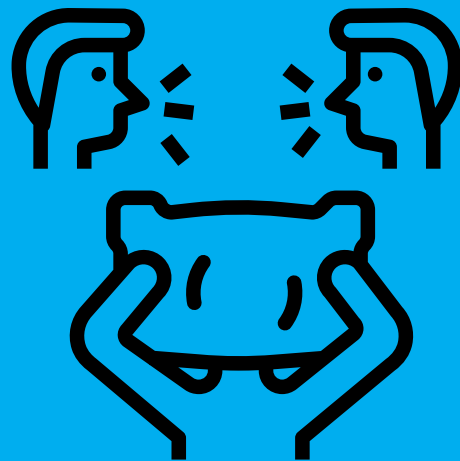


Did you know?

You may find that your child is often attempting to multi-task when they are doing their work, whether this is home learning, revision or attending a live lesson or online course. Did you know that it takes on average around 25 minutes to return concentration to an original task after an interruption, according to Gloria Mark who teaches on digital distraction in the USA.

Distractions cause a problem at the time of the interruption but then continue to impact your concentration for up to half an hour afterwards, if you are interrupted again within that time, you can see how it would have a knock-on effect. 20 seconds to look at Instagram isn't just 20 seconds – it is 25 minutes and 20 seconds. Sometimes just having the phone in the room next to them, ready to light up, can cause a distraction.

Distraction also has other downsides – higher stress, lower productivity and a bad mood are some of them, according to research. None of this makes you feel good. Your child may be sitting 'doing work' for a long period of time but is it 'deep work', where they are fully present?



How can you help?

- Encourage your child to put their phone away and not switch between open tabs on the computer.
- Ask them to concentrate in short bursts of 30 minutes - where they can get absorbed in their work.
- Get them to identify one thing at a time they are working on, not several things at the same time.
- Ask them to prioritise what it is they need to do first.
- If they want to check social media, make the time to do that separately, perhaps suggest they set a timer so they are aware of the time they are spending.