

RAISING YOUR SPIRITED CHILD

Lesson #5 Perceptiveness (Distractibility)

Introduction

Introduce Topic	<p>Spirited children have keen senses.</p> <ul style="list-style-type: none">▪ Hear what others do not hear▪ See what others don't▪ Feel when others are unaware <p>Their extraordinary ability to perceive:</p> <ul style="list-style-type: none">▪ Gives them an understanding beyond their years▪ Basis of sharp sense of humor▪ Makes them creative thinkers <p>Problems occur when perceptive children:</p> <ul style="list-style-type: none">▪ Are ambushed with information from their senses▪ Are unable to sort out messages▪ Can't decide where their focus should be▪ Become distracted and confused▪ Unable to concentrate on task at hand▪ Seems like they aren't listening <p>It is our job to help perceptive children understand why they get confused and frustrated.</p> <p>We need to teach them new skills to help them distinguish what messages are the most important.</p>
Ask... List vertically on one side of flip chart. Ask... List on other side of flip chart across from "challenges".	<p>"What are some challenges of living with perceptive individuals?"</p> <p>(Possible answers: they are slow, don't pay attention, easily distracted, forgetful, interrupts, lose things)</p> <p>"Now, what are the potential strengths behind these traits or behaviors?"</p> <p>(Possible answers: observant, resourceful, notices and enjoys little things in life, inventive, full of ideas, methodical, aware of stimulation levels)</p>

Effective Strategies for Managing Perceptiveness

Discuss	<p>It's important to remember that perceptive kids really are trying to listen – the trouble is they are listening to everything. It is our job to help them identify the most important messages by slowing down and using the following strategies.</p> <ol style="list-style-type: none">1. Change the Environment to Eliminate or Reduce Distracting Stimulation<ul style="list-style-type: none">- What can you move, turn off, or put away that will help your child focus on the most important information?<ul style="list-style-type: none">▪ turn off TV▪ close the blinds▪ put away toys▪ move child to front of class▪ minimize trips (group activities in one room, place all clothes in one area▪ do homework in a room without toys▪ some people need something (music) to block out background noise2. Make Eye Contact<ul style="list-style-type: none">- Make sure your child sees you and is looking at you when you give instructions.<ul style="list-style-type: none">▪ they hear best when they can see what they are hearing▪ have child repeat back the direction so that you know it has been heard and understand▪ may also want to touch them to ensure you are being heard3. Keep Instructions Simple<ul style="list-style-type: none">▪ Limit number of directions to one or two steps at a time▪ Limit the number of words you use▪ Please and okay get you into trouble by changing a directive into a question (i.e. "It's time for bed, okay?" vs. "It's time for bed.")▪ Use words that are easy to understand.4. Tell Them What They <u>Can</u> Do – Not What They <u>Can't</u><ul style="list-style-type: none">- They will think about what you didn't tell them they couldn't do and then do it. ("You told us not to eat in the living room not the family room.")
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<p>Ask participants for additional ideas or strategies.</p>	<ul style="list-style-type: none"> - They are much more receptive to hearing what they can do than what they can't. - Examples: 												
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<p>Activity</p>	<p>5. Use Images and Actions As Well As Words To Communicate Your Message (visual and physical cues)</p> <ul style="list-style-type: none"> - Perceptive kids are often visual learners - Techniques to help your child “hear” you <ul style="list-style-type: none"> ▪ point ▪ use a timer ▪ chart or list ▪ write a note ▪ touch their shoulder ▪ flickering light ▪ whisper or sing the message ▪ tie words to actions (i.e. hop on one foot while picking up toys) ▪ vary the techniques; one exposure is usually not enough <ul style="list-style-type: none"> ✓ blink the lights (visual) ✓ sing: “It’s time to put your toys away so we can have a snack today.” (auditory) ✓ touch on shoulder (physical) ✓ help pick up (demonstration) <p>Describe a scenario in which your perceptive (distractible) child struggles to sort out the most important information.</p> <p>Create a plan using the five strategies we discussed to help your child stay focused.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Strategy</th> <th style="width: 40%;">Plan</th> </tr> </thead> <tbody> <tr> <td>1. Change the environment</td> <td></td> </tr> <tr> <td>2. Make eye contact</td> <td></td> </tr> <tr> <td>3. Simple instructions</td> <td></td> </tr> <tr> <td>4. Tell them what they can do</td> <td></td> </tr> <tr> <td>5. Use images and actions to relay message</td> <td></td> </tr> </tbody> </table>	Strategy	Plan	1. Change the environment		2. Make eye contact		3. Simple instructions		4. Tell them what they can do		5. Use images and actions to relay message	
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<p>Ask... (optional)</p> <p>Discuss</p>	<p>“Has anyone ever asked you or have you wondered yourself if your child has Attention Deficit Hyperactivity Disorder?”</p> <p>Perceptive children can learn strategies to help them stay focused and perform as necessary.</p> <p>In children with ADHD, strategies alone are not enough to meet the expectations and performance demands of a child his age.</p>
<p>Summarize</p>	<p>You can help perceptive kids to sort out the most important messages by reducing distracting stimuli, making eye contact, giving simple, can-do directions, and using visual and physical cues as well as verbal ones.</p> <p>Note: If you are distractible, it may be hard for your child to get your attention.</p>