

ASK THE EXPERT QUERIES

Category: Lack of Concentration, Attention, & Learning Issues

Query 1

Dec 2014	Male	Age 09 to 13	My child is extremely irresponsible; I want to know something that I could do for him. His carelessness is annoying for me as well as for his teachers.
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Query by: Parent
Response

It appears that your child’s inability to take responsibility and pay attention is bothering you and the teachers. There are many reasons why children make careless mistakes and not take responsibility. Understanding these would help you and the teachers work together to deal with them. Sometimes children behave this way to gain attention, show their control, feel inadequate and/or are disturbed by certain events and situations. At other times children behave this way due to lack of concentration, hyperactivity and learning difficulties that they seem to have from childhood. While in some children it could be a mix of both external situations and internal learning and concentration issues. However, It would be important to differentiate between the two so that you can deal with it accordingly. One way to differentiate between the two is that learning and concentration issues, are exhibited in children since an early age with parents and teachers complaining of the child’s inability to sit through the work, easily getting distracted, interrupting the class, forgetting things easily, making mistakes repeatedly, inability to grasp concepts etc. Read up on ‘Learning Disabilities’ and ‘Attention Deficit Hyperactivity Disorder’ to see if you feel that it describes your son’s condition. In addition, share with us exact situations in which he behaves carelessly and irresponsibly so that we can guide you accordingly.

Query 2

Dec 2014	Female	Age 03 to 05	My daughter is very slow in schoolwork. She does a page of writing in one hour. At home too she do same thing. She is distracted for her schoolwork very easily.
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Query by: Parent
Response

It is suggested that you speak to her teacher and see how you can both help her through a joint strategy, which is followed both at the school and at home. It is also recommended that you involve the section head of junior school that may have more experience working with children with similar problems and would be able to guide accordingly. While coming up with the strategy, explore if the challenge of completing work is due to lack of understanding of what has to be written or lack of concentration or both. An understanding of this will help you tackle the issue accordingly. Suggest to the teacher to have your daughter sit in the front row, so the teacher can bring her attention back to the task. At home, make sure that your daughter does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break her task into smaller tasks so that she can understand them better and is also not distracted. Let her know what she can do once she finishes her work, which will help as an incentive. You can also assess if she is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children’s ability to pay attention. Good luck!

Query 3

Feb 2015	Male	Age 06 to 08	My son is 7-year-old and he is very hardworking but still I notice that he does not be paying attention to his homework and lately crying during studies. what can I do to help him??
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Query by: Parent
Response

It appears that your son gets distressed while doing his homework and while he tries hard is unable to pay attention. Talk to him about the crying at a time when he is not doing his homework and let him know that you will help him work through the challenges of studies. Acknowledge how children can feel overwhelmed with the increased pressure of studies, appreciate his hard work and encourage him to identify ways by which he can become more relaxed so that he can concentrate more on his studies. To help him concentrate better, make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once he finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children’s ability to pay attention.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home. While coming up with the strategy, explore if the challenge of inattention is due to lack of understanding of what has to be written or lack of concentration or both. An understanding of this will help you tackle the issue accordingly. Suggest to the teacher to have your son sit in the front row, so the teacher can bring his attention back to the task; divide his tasks in smaller tasks etc. Good luck!

Query 4

Feb 2015	Female	Age 09 to 13	My daughter is very bright. However, I find her over confident at times. She says studies are very easy, and purposefully does not study enough till very last. Though she does well, but I know, she has the potential to do far better than that.
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Query by: Parent
Response

It is natural for every parent to want his/her child to do better or utilize his/her potential to the fullest. However, before you do so, evaluate your own expectations from her and make sure that they are realistic and not discourage the child or put too much unnecessary pressure on her. Once you have done so, only then decide what can be done to help her improve.

Query 5

Feb 2015	Male	Age 09 to 13	my son is 13 years old and he was the topper in his every school until we admitted him in this school and now his grades are constantly getting low.
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Query by: Parent
Response

Your child seems to be adjusting to the new school environment, where there are new teachers, students and perhaps different way or teaching and a changed curriculum. Change can be extremely stressful at times and children and adults both adjust naturally with time. The best would be to talk to your child and give him an opportunity to share with you any difficulties that he is experiencing both academically and socially in adjusting to the new environment. Validate and acknowledge the change and help him develop skills of dealing with issues that he may be experiencing associated with the change.

Query 6

Feb 2015	Male	Age 09 to 13	My son is studying in class 4. He is physically slightly week. Does not concentrate on studies. When being taught, starts looking here and there. Would ask for washroom and waist lot of time there. If sent to bring some notebook etc will keep on hiding and have to be called back time and again. Remains happy in outdoor games / activities. Also takes interest in computer games,watch TV with interest. Occasionally takes interest and produces good results. Overall results are fluctuating round the year i.e 85%, 40 %, 75%, 64%.
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Query by: Parent

Response:

It appears that your child’s inability pay attention is bothering you. There are many reasons why children do not concentrate and take responsibility. Understanding these would help you and the teachers work together to deal with them. Sometimes children behave this way to gain attention, show their control, feel inadequate and/or are disturbed by certain events and situations. At other times children behave this way due to lack of concentration, hyperactivity and learning difficulties that they seem to have from childhood. While in some children it could be a mix of both external situations and internal learning and concentration issues. However, It would be important to differentiate between the two so that you can deal with it accordingly. One way to differentiate between the two is that learning and concentration issues, are exhibited in children since an early age with parents and teachers complaining of the child’s inability to sit through the work, easily getting distracted, but staying focused for hours on computer games and cartoons as they have a lot of movement, interrupting the class, forgetting things easily, making mistakes repeatedly, inability to grasp concepts etc. Read up on ‘Learning Disabilities’ and ‘Attention Deficit Hyperactivity Disorder’ to see if you feel that it describes your son’s condition and so that you can be guided accordingly.

Query 7

Feb 2015	Male	Age 03 to 05	My son is 5 years old. He is intelligent but could not write words properly how can I handle him
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Query by: Parent

Response:

Talk to his teachers and seek their guidance in this regard so that both you and his teachers follow the same strategy to help him with his writing.

Query 8

Mar 2015	Male	Age 09 to 13	I am a teacher at Iqra aps Quetta. Currently I am teaching grade 6 n 7. I found many students having lack of concentration during the lecture. They are just hearing. I want to improve their listening skills. Please guide. I am a math teacher.
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Query by: Teacher

Response:

There can be a number of strategies that you can employ to deal with the concentration issues experienced by most of the children in your class:

- Evaluate how interactive your lecture is and include some interesting activities and examples that can help keep children engaged.
- Make sure that your tone is audible and that both the tone and body language are engaging enough for the children. Frequent eye contact with children and movement in the class, helps children concentrate better at times. If your lectures are mostly in the later half of the day, you may experience the issue of concentration more and would need to work a bit extra hard in keeping them engaged.
- Try to identify the children or group of children, who lack concentration. Try to also identify those who disrupt others from concentrating if they can concentrate themselves. Change the seating of the children to make sure that those who disrupt others are not seated together or with children who are easily distracted. You can also seat some of these children in the front rows, so that they get fewer opportunities to distract others.
- If you feel that none of the above-mentioned techniques help, and that the lack of concentration is with the majority of the children, you may want to talk to the class about this. Without blaming or accusing anyone, you can point to the problem, how it affects you and the studies, take their views about the situations and encourage them to help you come up with class room norms that can be made to ensure a better learning environment.
- Talk to the children individually, if you feel that a few of the children are still unable to concentrate despite trying out the different strategies. These children may be going through family problems, learning and concentration issues that you can help support them with.

Good luck!

Query 9

Mar 2015	Female	Age 06 to 08	My daughter do not concentrate in her studies.
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Query by: Parent

Response:

Make sure that your daughter does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break her main task into smaller tasks so that she can understand them better and is also not distracted. Let her know what she can do once she finishes her work, which will help as an incentive. You can also assess if she is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children's ability to pay attention.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to her teacher and see how you can both help her through a joint strategy, which is followed both at the school and at home. While coming up with the strategy, explore if the challenge of inattention is due to lack of understanding of what has to be written or lack of concentration or both. An understanding of this will help you tackle the issue accordingly. Suggest to the teacher to have your daughter sit in the front row, so the teacher can bring her attention back to the task; divide her tasks in smaller tasks etc. Good luck!

Query 10

Mar 2015	Male	Age 06 to 08	My son is 7 years old .I notice that he loses his trust in studies, at the time of study he is not attentive. All the time his attention is divert. He is shy and avoid to talk in front of others. his desire to go out side of the house and play with street boys and i don't allow him to go out side of the house. and when some guest at home he behave arrogant and misbehave with kids and some time snatch the things and misbehave with me and kids. Please tell me how do i handle my child? Thanks
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Query by: Parent

Response:

You have mentioned two main issues that are bothering you, your son's inability to pay attention to his studies, and his social interaction.

Some children have more challenges in paying attention to tasks especially studies as compared to others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children's ability to pay attention.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home. While coming up with the strategy, explore if the challenge of inattention is due to lack of understanding of what has to be written or lack of concentration or both. An understanding of this will help you tackle the issue accordingly. Suggest to the teacher to have your son sit in the front row, so the teacher can bring his attention back to the task; divide his tasks in smaller tasks etc.

His other issue relates to interaction with others especially children where at times he is shy and at other times aggressive. How do you currently deal with this issue? It is important to stress that If you resort to force or physical punishment then remember that this would need to stop as use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Communication with him would be the key to understanding the issue and then addressing it accordingly. Explore the underlying reasons for him becoming shy or aggressive in these social situations and then help him sort out those reasons, helping him understand his feelings and the impact of his behavior on others. Once he becomes aware that this is a problem, work with him to develop social skills to deal with these situations in a better way for example, talking assertively and firmly without shouting; calming himself down and waiting for the anger and frustration to come down before he talks etc. Let him identify ways first and then suggest some additional ones. Also let him know that you will only listen to him when he calms down and is not screaming and shouting. If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, 'I think you are angry and upset and I will talk to you about it later when you are less angry'.

You can use the technique of logical consequence, instead of using physical force. Consequences that are related to the misbehavior, reasonable and given respectfully are called 'logical consequences'. An example of a logical consequence would be to make a child

skip his playtime for the day, cut some amount from his pocket money for using abusive language. Discuss and agree to the consequences with your son in advance so that he knows what to expect. Remain consistent with these.

Whenever you feel that he has not resorted to aggression in a situation where he normally does, praise him, as that can be the most powerful way of reinforcing the positive behavior.

Remember that when you try new ways of dealing with these issues and change your existing parenting style, the desired change may not show immediately unless the parenting style is consistently and repeatedly followed. If you notice no substantial improvement in the behavior despite consistently trying the above mentioned strategies, we can then explore if he has an attention and hyperactivity or/and learning issue that needs to be addressed with the help of a mental health professional.

Query 11

Sept 2015	Female	Age 09 to 13	She did not take interest in studies
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Query by: Unspecified

Response:

Kindly provide more information about your daughter’s lack of interest in studies to understand her situation better and to guide you accordingly. It would be essential to know about her interest in activities other than studies, and if the lack of interest is a recent occurrence or an issue since her childhood and/or any other change that you have noticed in her mood and behavior.

If the issue is only related to studies and not any other emotional problem such as issues at home, peer pressure, bullying etc., that might be bothering her, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

All the best!

Query 12

Sept 2015	Male	Age 06 to 08	Please guide me what motivational tips I can use to make my son study? Thanks
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Query by: Parent

Response:

Motivating children to study is a concern of many parents these days. With the increased academic competition, parents are increasingly feeling the need to help children feel motivated enough to study and learn.

It is essential to keep a check on your own expectations from your child to make sure that these are realistic and age appropriate.

Some of the strategies that can help motivate children are:

- Keep a family time for reading, where each family member reads a book of his or her choice. If appropriate each person may exchange views and thoughts about the book he/she is reading every week to further strengthen the importance of reading and learning.
- Encourage your child to explore subjects of his interest. Show interest and enthusiasm in his subjects of interest e.g. pets, geography, gadgets etc. and encourage him to find information and facts about these subjects.
- Allow him space to share his thoughts, feelings and involve him in family decisions. This will establish his importance in the family and develop in him an overall sense of

- responsibility.
- Share your own new learnings with him and let him know how you found information about these things. E.g. through internet, from a book, a friend etc.
- Ask him about what he is learning in school. The focus should not be on the test results and grades but on what he is learning.
- Help him organize his home assignments and schoolwork, which will allow him to feel more in control and less overwhelmed with work.
- Encourage and appreciate achievements even if these are small steps towards a larger goal.
- Help him focus on his strengths and in identifying ways of overcoming challenges especially related to a particular subject.
- Ensure that the child has time to relax and pursue other activities.

Query 13

Sept 2015	Male	Age 03 to 05	My child is very shy kind of pupil he never explain his problems to teacher what should I do?
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Query by: Parent

Response:

The strategy He is very young and in the process of developing social skills. Some level of shyness at this age is very normal and children exhibit individual differences in this regard. In general, some of the ways by which you can help him and other children of your class, build their confidence and overcome shyness are:

- Encourage him and other children to ask questions in the class and let children know that there is no ‘wrong’ or ‘silly’ question. This helps children open up and feel more comfortable and less conscious.
- Praise him and other children for their efforts, hard work, qualities and traits.
- Normalize feelings related to failures and let children know that it is okay to make mistakes.
- Make sure your own expectations from the children of your class are age appropriate as well as to a level that they can handle.
- Set limits and discipline children through respectful measures instead of resorting to put downs, insults and corporal punishment.
- Respect individual difference and avoid comparison with other children.
- Listen to this child’s needs and explore reasons that maybe making him feel under confident e.g. bullying in school, stressors at home, a change in life circumstances etc.

Query 14

Sept 2015	Male	Age 03 to 05	My son is intelligent but sometimes he doesn't give any response to my instructions and his attention is distracted to some other things around. I'm worried about him ancan I try to change this type of behavior. Currently I call his name and rotate his face towards me and say "Listen to me" then he follows the instruction otherwise it is up to his mood. Please, guide me in this regards.
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Query by: Parent

Response:

The strategy that you employ to get your sons attention seems to be an effective one and especially recommended for children who are easily distracted. Some children have more challenges in paying attention to instructions and tasks including studies as compared to others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main

task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children’s ability to pay attention.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home.

If you notice no substantial improvement in the behavior despite consistently trying the above-mentioned strategies, you can consult a mental health professional with expertise in dealing with children to explore if he has an attention and hyperactivity or/and a learning disability.

Some children require more assistance than other children to get organized and pay attention towards daily activities. Keep a check on your own reaction and expectations from your child to make sure that they are age appropriate and realistic. The more you get frustrated or/and set the bar too high for him, the more overwhelmed and anxious your child might feel.

Talk to his teacher to see if she also has similar concerns about his behavior and hand writing. You can then work with her to come up with a joint strategy to help him both at the school and at home.

Help him every evening in organizing his school bag and to make a note of all his belongings. Encourage him to account for all his belongings before leaving school and make it a fun activity for him. You may also request his teacher to remind him about this at school. You might have to repeat the instructions several times till it becomes a habit. Make sure you do it consistently but in a firm and calm manner. Talk to him about his habit of frequently leaving the class and give him an opportunity to share his thoughts to identify ways by which he can lessen the number of times he goes out during the class time. Praise him when he shows improvement, even if it is a minor one.

Query 15

Sept 2015	Male	Age 06 to 08	My son is very intelligent but he is much careless about his belongings. He loses his pencils, erasers n such type of minor things on daily basis. His hand writing is becoming v poor day by day, it might be due to load of written work in class. He some time use to bunk class by giving excuse to go out for washroom again n again.
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Query by: Parent

Response:

The strategy that you employ to get your sons attention seems to be an effective one and especially recommended for children who are easily distracted.

Some children have more challenges in paying attention to instructions and tasks including studies as compared to others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children’s ability to pay attention.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home.

If you notice no substantial improvement in the behavior despite consistently trying the above-mentioned strategies, you can consult a mental health professional with expertise in dealing with children to explore if he has an attention and hyperactivity or/and a learning disability.

Query 16

Oct 2015	Male	Age 9 to 13	My child is showing very good grades in his last school after changing his school he showing very low grades. I am also teaches in APS ***** please HELP ME...
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Query by: Parent

Response:

Your child seems to be adjusting to the new school environment, where there are new teachers, students and perhaps a different way of teaching and a changed curriculum. Change can be extremely stressful at times and both children and adults may require a bit of time before they feel adjusted. He may also be missing his old school and friends, which may in turn be affecting his studies.

The best way forward would be to talk to your child and give him an opportunity to share with you any difficulties that he is experiencing both academically and socially in adjusting to the new environment. Validate and acknowledge the feelings brought about by the change and help him develop skills to deal with issues that he may be experiencing. For example, if the problem is with understanding a subject, give him extra coaching or encourage him to talk to the teachers about the difficulties. If he has difficulty making friends, help him identify some of the friendly children in the class and think of ways to interact with them more.

All the best!

Query 17

Oct 2015	Male	Age 09 to 13	My problem is to cope up with a student who is always ready to create disturbance in class. He seems not to listen others. PARENTAL cooperation is not available. He is very restless.
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Query by: Teacher

Response:

Managing a child with disruptive behavior can be a challenge for most of the teachers. However, with a better understanding of the child's problem and his strengths, support of the principal and parents, the child can be assisted in becoming more cooperative and less disruptive. Children can disrupt a classroom due to a number of reasons including lack of overall structure or discipline in the class, personal problems at home or due to Attention Deficit Hyperactivity Disorder (ADHD). Based on the limited information provided about the child, It is in no way being suggested that the child has ADHD, but you might want to read up on the issue for your own understanding and if needed to guide the parents.

Some of the ways you can help the child are as follows:

- Talk to him separately about the disruptive behavior and how it effects you and the class. The idea of talking should not be to reprimand him but to work with him in identifying ways by which you can help him manage the behavior and maintain his focus on the learning. Ask him what can be done regarding the matter. Try understanding his needs and strengths so that you can help him keep his focus on the teaching.
- Some changes in the classroom setting may also be useful in managing the distraction and disruption. For example, seat him away from the door or window. It may also help if he is seated closer to the front of the room so you can maintain a better eye contact with him.
- It might be useful that after giving instructions to the class, you repeat the instructions to him, one at a time, to ensure that he is able to maintain his attention towards the task.
- Sometimes children may need to be reminded about the disruptive behavior. Instead of admonishing him in front of the entire class, you can both identify a few signals that can be given during the class to warn the child that his behavior has become disruptive. This may be a hand signal, eye contact, or a sticky note on his desk.

- Choose which behaviors you want to address and which ones you want to ignore based on what you think is more disruptive for other students of the class.
- You can also set classroom norms related to acceptable behavior along with consequences of not following them.
- Encourage and praise him when he tries to bring changes even if these are small ones.

Query 18

Oct 2015	Male	Age 14 to 18	my child can not concentrate at all. i don't about she thinks all the time. she does not shares anything. she is very intelligent according to all of teachers but never gets good grades because of lack of concentration.
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Query by: Parent
Response:

Kindly provide more information about your daughter’s lack of concentration in studies to understand her situation better and to guide you accordingly. It would be essential to know about her interest in activities other than studies, and if the lack of concentration is a recent occurrence or an issue since her childhood and/or any other change that you have noticed in her mood and behavior.

The best way to work through these issues is by talking to her in a calm manner about your concerns and giving her the space to share her own views, concerns and thoughts about the matter.

If the issue is only related to studies and not any other emotional problem such as issues at home, peer pressure, bullying etc., that might be bothering her, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

You may also want to keep in mind the fact that your daughter is in the adolescent age (roughly starting around ten years and above), where many children go through a series of normal emotional, physical and social changes. As a result of these changes there may be more interest in peers and opposite sex, less interest in studies, spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about these changes. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time

Query 19

Oct 2015	Female	Age 9 to 13	My daughter is in grade 7th. find great difficulty in understanding maths. though wants to improve but unable to do it. rather she has developed a fear of studies. should i change her school
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Query by: Parent

Response:

We suggest that you discuss with your daughter, the exact problems she is experiencing in mathematics to determine how best she can be helped. Ask yourself the following questions, which we think will help you decide on the way forward:

- Has she always had difficulties in mathematics? If so, how have you helped her with these in the past? Can the same strategy be employed now? Have you tried extra coaching for her?
- Is she the only one having problem with mathematics or other children in the class have similar concerns? If many other children have the same issue, this would mean that perhaps the teacher is unable to clarify the concepts.
- Have you spoken to the teacher about this issue and sought her support in guiding you with what can best help your daughter?

Query 20

Jan 2016	Male	Age 14 to 18	he is not good in study and always watch movies
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Query by: Parent

Response:

Kindly provide more information about your son's poor performance in studies in order to understand his situation better and to guide you accordingly. It would be essential to know about his interest in activities other than studies, and if the problem with studies is a recent occurrence? Additionally have you noticed any other change in his mood and behavior?

If the issue is only related to studies and not any other emotional problem such as issues at home, peer pressure, bullying etc., that might be bothering him, you can work in close coordination with him and his teachers so that he can be best helped to overcome his learning challenges. Encourage him to seek help for subjects he does not understand, help him set a daily study routine, break his work tasks into smaller tasks if he loses his concentration on longer tasks and make sure he is getting enough sleep and exercise. You can also set some consistent family norms related to a study routine, TV watching etc. with clearly spelt out consequences for not following the norms. Make sure not to dictate these, but to involve him in the process of making these norms. Make sure to praise him when he follows the norms and when he tries to put in efforts to improve his study habits. Praise can be the most powerful way of reinforcing positive behavior.

Query 21

Jan 2016	Male	Age 9 to 13	my son has a retrieval problem. he cannot learn or read properly i do not know how can i clear the concept of level three. he cannot learn by heart 2to 3 lines q/ans.even he cannot able to explain any creative thought. he just observe and speak in small sentence but not able to tell inhis, . own words paragraphs
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Query by: Parent

Response:

From what you describe in your query, it would be essential to explore and identify whether or not your child has a learning disability. If this is the case, it would be important that the parents and teachers work together to help him with the learning challenges that he experiences. I suggest that you read up on the literature given in this link <http://www.helpguide.org/articles/learning-disabilities/learning-disabilities-and-disorders.htm>

and if you feel that this may be your son's situation then do consult a specialist in your town who deals with such issues. The specialist can guide you and your son with techniques to improve his ability to learn. Let us know which town you are living in and we can try providing you with resources. The school may also know of experts that can help.

All the best!

Query 22

Jan 2016	Female	Age 14 to 18	My daughter who z extremely hard worker but still she dont get first class i want to that whether it is the maximum capacity mean every person have their average stamina beyond he/she can scored OR if a person work hard he can alot of marks my daughter told me that she z now fed up of studiez becoz she work till late night but still she cannot defeat her fellow?
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Query by: Parent

Response:

It can be a pretty disappointing feeling for children if they are unable to reach the targets they set out for themselves despite putting in effort and hard work. In such situations it is important to explore if the inability to reach the target is due to high expectations from ones' self or because of issues in understanding a particular subject. If it is a matter of high expectations and your daughter is already getting good grades, then she needs to know that all individuals cannot be at the top of the class and that if they are not, it does not mean that they are inferior in any way. Help her see her strengths and discourage unhealthy competition and expectations. Make sure that she takes time out to pursue hobbies and interests and is not always studying. Sometimes children exhaust themselves by studying all the time, not taking enough sleep, food or exercise and thus are unable to perform to their fullest.

If it's an issue in lack of conceptual clarity related to a subject/s, you can help her identify ways of improving that particular subject. Make sure you emphasize the importance of learning as opposed to just securing the first position in the class, which could be extremely stressful for children.

Do check your and your spouse's expectations from your daughter to make sure that they are not unrealistic and adding to your daughter's stress.

Query 23

Jan 2016	Male	Age 3 to 5	My child is good at learning things but he is very slow in writing. His teachers complain about his such behaviour. I can force him to write only when he is at home but what can i do when he is in his class?
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Query by: Parent

Response:

Besides writing slow, does your child have any other learning challenges? Is he able to concentrate on the task given or get easily frustrated? What is it that you do at home that helps him improve the speed of his writing? Suggest similar things to the teachers. If he gets stuck on certain words then work on improving his recognition of these words. If he loses his concentration while writing, have him seated in such a place where there is minimal distraction and he is close enough to the teacher so he can be given the individual attention that may bring his attention back to work. It is important to remember that your child is young and is still learning and would need to be encouraged and praised so that he does not end up feeling

frustrated. It is also important that he not be punished for writing slow and simply encouraged to concentrate and improve the challenges he faces in writing.

Query 24

Apr 2016	Male	Age 09 to 13	my child learn extra things quickly but he is unable to study.he study alot but nothing get in his mind and he didnot have confidence.how i overcomed this problem?
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Query by: Parent

Response:

Some children have more challenges in learning and grasping concepts as compared to others. There are many reasons why children are unable to study or remember what they have learnt. Understanding these would help you and the teachers work together to deal with them. Some times children are unable to do so as they either feel inadequate and/or are disturbed by certain events and situations. At other times children behave this way due to lack of concentration, hyperactivity and learning difficulties that they seem to have from childhood. While in some children it could be a mix of both external situations and internal learning and concentration issues. However, It would be important to differentiate between the two so that you can deal with it accordingly. One way to differentiate between the two is that learning and concentration issues, are exhibited in children since an early age with parents and teachers complaining of the child’s inability to sit through the work, easily getting distracted, but staying focused for hours on computer games and cartoons as they have a lot of movement, interrupting the class, forgetting things easily, making mistakes repeatedly, inability to grasp concepts etc. Read up on ‘Learning Disabilities’ and ‘Attention Deficit Hyperactivity Disorder’ to see if you feel that it describes your son’s condition and so that you can be guided accordingly.

Other things that you can generally do to help him in his studies is to make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once he finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children’s ability to pay attention and learn.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home. Suggest to the teacher to have your son sit in the front row, so the teacher can bring his attention back to the task; divide his tasks in smaller tasks, encourage him consistently, etc.

Query 25

Apr 2016	Male	Age 09 to 13	my child do not get good marks.... He is efficient in everything... He work very hard but do not get good marks ... tell any thing through which I can help him
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Query by: Parent

Response:

Does he not get good marks in all the subjects or particular subjects? I suggest that you speak to his teachers to identify his problem areas so that you can best help him overcome these learning challenges. You can also directly discuss with your son, areas where he lags behind and needs help with. It is natural for parents to want their children to excel in their studies,

however, it is also important to keep a check on one's own expectations from how much the child can do, so that these are realistic and in line with the child's potential and does not unnecessarily discourage or dishearten the child. It is also important to understand that children have varying levels of intelligence, aptitude and abilities and that while it is essential to help them explore these and motivate them to realize these to the fullest, this must be done realistically.

Query 27

May 2016	Female	Age 09 to 13	TELL ME A WAY OF MEMORIZING. I ALWAYS MEMORIZE AND FORGET! I NEED YOUR HELP
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Query by: Student

Response:

Some of the things that you can explore and might help are:

- Ensure that you are taking enough sleep, healthy food and relaxation along with the studies.
- Address and deal with issues that preoccupy you when you study, e.g. a problem at home, issues with friends. Talk about these with a trusted adult or friend or allocate a time separate from your studies to ponder over these matters.
- Make a study routine that allows for breaks in between for you to take a bit of rest. Most brains can only pay attention at a stretch for 45 minutes so you might want to just take a small break to drink water or simply move around the room.
- Make a routine that best suits your individual learning patterns as well as the time of the day you grasp concepts the best
- Do not rote memorize but try to understand the concepts because once you understand a concept, there are less chances you will forget
- Take notes in class and go over these every day when you get back home and in case something is unclear you can clarify it the next day
- Break your task in smaller tasks and if there is a test coming up plan the study breakup and timings in advance
- Come up with code words or associations that can remind you easily about things like equations, names of the planets etc.

Good luck!

Query 27

May 2016	Male	Age 09 to 13	He tries a lot but loses concentration and has memorizing difficulties. He also fails to maintain his interest in studies.
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Query by: Unspecified

Response:

Is the inability to concentrate and memorize a recent occurrence or an issue your son has experienced since his childhood? Are there any changes that you have noticed in his mood and behavior?

If the issue is only related to studies and not any other emotional problems such as issues at home, peer pressure, bullying, etc., you can work in close coordination with him and his teachers so that he can be best helped to overcome his learning challenges. Encourage him to seek help for subjects he does not understand, help him set a daily study routine, break his work tasks into smaller tasks if he loses concentration on longer tasks and make sure he is getting enough sleep and exercise.

You might also want to explore whether or not your child has a learning disability. If this is the case, it would be important that the parents and teachers work together to help him with the learning challenges that he experiences. I suggest that you read up on the literature given in this link <http://www.helpguide.org/articles/learning-disabilities/learning-disabilities-and-disorders.htm> and if you feel that this may be your son's situation then do consult a specialist in your town who deals with such issues. The specialist can guide you, the teachers and your son with techniques to improve his ability to learn. If this is not a possibility the online resources and the teacher's guidance can help with the improving the learning challenges.

All the best!

Query 27

May 2016	Male	Age 14 to 18	It is submitted that my son is getting 14 years on 8 May 2016. He has been conditionally promoted to 8th Class. The child has following problems and are submitted for your kind information and guidance. He is very hyper and does not take serious interest in his studies. He has the habit of boasting himself by narrating stories. The boy now wants to change his school system and join roots school system. Kindly support me how to handle this boy at this age. He is getting 14 years on 8 May.
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Query by: Parent

Response:

Has your son always had difficulties in concentrating and taking interest in studies or is this a recent occurrence? It would be important to get this background information in order to guide you more accurately. The fact that he has challenges in learning may be contributing to his need to change the school.

Some children have more challenges in paying attention to tasks, learning and grasping concepts as compared to others. There are many reasons why children are unable to study or remember what they have learnt. Understanding these would help you and the teachers work together to deal with them. Some times children are unable to do so as they either feel inadequate and/or are disturbed by certain events and situations. At other times children behave this way due to a learning disability or/and attention deficit hyperactivity disorder (ADHD), which leads to lack of concentration, hyperactivity and learning difficulties. While in some children it could be a mix of both external situations and internal learning and concentration issues. However, It would be important to differentiate between the two so that you can deal with it accordingly. One way to differentiate between the two is that learning and concentration issues, are exhibited in children since an early age with parents and teachers complaining of the child's inability to sit through the work, easily getting distracted, but staying focused for hours on computer games and cartoons as they have a lot of movement, interrupting the class, forgetting things easily, making mistakes repeatedly, inability to grasp concepts etc. Read up on 'Learning Disabilities' and 'Attention Deficit Hyperactivity Disorder' to see if you feel that it describes your son's condition and so that you can be guided accordingly.

Other things that you can generally do to help him in his studies is to make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once he finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children's ability to pay attention and learn.

Work closely with the school to come up with a joint strategy, which is followed both at the school and at home. Suggest to the teacher to have your son sit in the front row, so the teacher

can bring his attention back to the task; divide his tasks in smaller tasks, encourage him consistently, etc.

You may also want to keep in mind the fact that your son is in the adolescent age (roughly starting around ten years and above), where many children go through a series of normal emotional, physical and social changes. As a result of these changes there may be more interest in peers; less interest in studies, spending time with family and adults; frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your son in an open and friendly manner about these changes. Make sure to do it in a manner that allows him the space to talk rather than it being a lecture. Validate and normalize his feelings and let him know that he can talk to you if there is something bothering him or if he has any questions related to growing up. By communicating openly, you will be giving him an opportunity to discuss and share with you in case he is bothered about something and going through a difficult time.

Query 27

May 2016	Male	Age 09 to 13	Something must be bothering the child at school, home or his surroundings that is making him refuse going to any school. It could also be related to learning challenges such as an inability to grasp concepts, memorize new concepts, concentrate on the studies, etc. that makes school a daunting place to go to. Identifying the underlying reasons and addressing them would be the key to helping him adjust in the school and his studies. If the issue is related to the school and learning, it might help, if you take the teachers into confidence so that they can help him settle down.
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Query by: Student

Response:

Something must be bothering the child at school, home or his surroundings that is making him refuse going to any school. It could also be related to learning challenges such as an inability to grasp concepts, memorize new concepts, concentrate on the studies, etc. that makes school a daunting place to go to. Identifying the underlying reasons and addressing them would be the key to helping him adjust in the school and his studies. If the issue is related to the school and learning, it might help, if you take the teachers into confidence so that they can help him settle down.

Query 27

May 2016	Male	Age 09 to 13	Child doesn't complete his class work and opt to do it at home. He also have home assignments and therefore misses one at large. Please guide. thanks
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Query by: Teacher

Response

It would be best if you call a joint meeting of the parents and teacher and discuss possible ways of dealing with this situation. Through this discussion you would be better able to understand the child's learning challenges and will also be able to identify if its due to a learning or concentration problem or both or due to any stressful situation/change. Try to explore factors that help him at home to work as opposed to at school etc. Once you have been able to identify the possible root causes, both the parents and teacher can work as a team to help the child

overcome these challenges. Let the child know the difference between class and homework and why it's important for him to finish it in the class or at school (due to a learning or concentration issue the child may need more time to complete a task as compared to other children, so see ways by which he can be accommodated). Praise him when he starts making small efforts and make sure the same messages are being reinforced at home and in school.