



TO INCREASE YOUR CHILD'S ATTENTION TO YOU!

STEP INTO THE SPOTLIGHT!

Children learn by **watching, copying and interacting** with people.
Increasing your child's attention to you, means **more learning opportunities!**

1. Identify Your Child's Attentional Spotlight

Notice what your child is looking at and where their attention is focused.



2. Use What They Love

Find out which toys, objects or social games they enjoy. Using **favourite items** makes interaction more rewarding – a motivated child is a happy, attentive child!
Increased attention span = more learning opportunities.



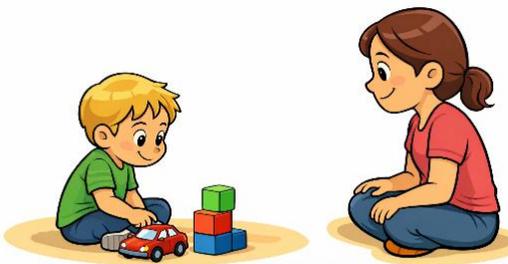
3. Position Yourself Face-To-Face

Sit directly in front of child at their **eye level** to support eye contact and engagement.

Examples:

- Sitting on the floor across from them at a table or play mat
- Leaning over gently while they lie down.

Tip: Being at eye level helps your child notice your facial expressions and encourages social interaction.



4. Eliminate Competing Distractions

Notice anything pulling your child's attention away
Put away extra toys, reduce noise, and minimise visual clutter.



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5. Find Your Child's Social Comfort Zone

Be aware of how close you are sitting.

- If your child averts their gaze, you may be too close.
- Watch for moments when they glance at you – that's the “just right” zone.

6. Follow Their Lead – Let Your Child Guide the Interaction

The best learning happens when your child chooses the activity or action — your role is to notice, respond, and extend it.

- **Observe closely:** Watch what your child reaches for, looks at, or vocalises. Notice subtle cues like **eye gaze, hand movements, or facial expressions.**
- **Narrate what they do:** Use short phrases or single words to describe their actions, e.g., “Drive car,” “bang drum,” or “stack blocks.”
- **Be a helpful play partner:** Offer desired objects when needed, but **wait a moment first** – this encourages intentional communication.



- **Imitate and expand:** Copy your child's sounds, movements, or play actions, then add a small variation. This helps your child notice new ways to interact, encourages them to respond, and builds early communication skills.

Examples:

- Child rolls car → adult rolls car and says “vroom!”
- Child stacks 2 blocks → adult stacks 3 blocks and says “higher!”

- **Pause and wait:** Give your child time to respond or initiate the next action – even a glance or gesture counts.
- **Follow their pace:** Let them explore and interact at a speed they enjoy; avoid rushing or over-correcting.
- **Celebrate attempts:** Smiles, praise, or gentle enthusiasm help maintain motivation and reinforce learning.

Tip: Joining in and following your child supports learning more than redirecting them.

“Where you lead, I will follow!”

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