

Strategies to Improve Concentration

Concentration problems can occur when you (*your child*) are focused on your (*his/her*) tinnitus and are not able to attend to other activities or tasks. The following strategies can be used to help you (*your child*) improve your (*his/her*) concentration.

1. Eliminate distractions:

- Set aside a time in the morning before school to talk about worries you (*he/she*) might have
- Choose a comfortable environment
- Eliminate unwanted noise: TV, radio, background noise, etc.
- Avoid (*your child*) being hungry or tired

2. Adjust your (*your child's*) work habits

- Work in shorter time spans
- Set a realistic pace
- Take breaks as needed
- Reward yourself (*your child*) when your (*his/her*) task is complete

3. Stay focused (*help your child to stay focused*)

- Actively participate: take notes, ask questions, etc. (*encourage your child to actively participate*)
- Repeat information (*encourage your child to repeat information*)
- Organize and categorize important points (*teach your child how to organize and categorize important points*)

4. Consider task difficulty

- Try easy and difficult tasks (*encourage your child to try both easy and difficult tasks*)
- Vary the amount of time and build up the amount of time spent on each task
- Do not restrict to only simple tasks
- Try more challenging tasks (*encourage your child to take on more challenging tasks*)

5. Take control of your attention: don't focus or dwell on your tinnitus

- Practice (*with your child*) controlling the focus of your (*his/her*) attention under various conditions
 - Switch your attention from one visual object to another
 - Switch your attention from one sound to another
 - Switch your attention from your tinnitus to another sound
 - Practice reading with various sounds in the room and switch your attention from those sounds to your book

6. Decrease the awareness of your (*your child's*) tinnitus with background sound

- Fans, humidifiers, air purifiers, etc.
- Nature sounds
- Music