

# Concentration

Article written by Dr. Suneel Godbole in Maharashtra Times Newspaper



All parents are worried because due to lack of concentration their kids don't perform well in the studies. Parents expect highest (at times unrealistic) level of concentration from their energetic and bubbly kids. While in reality kids enjoy day-dreaming while studying.

In fact the concentration span is very less in young age.

Simple formula is, '**Concentration span (in minutes) = age of the kid**'

For example a 5 year old girl can concentrate around 5 minutes! But as against it, we elders expect them to sit in one place for hours together and study with full concentration. At times we are very strict and even punish!!

Let's take a look at some reasons for low concentration:-

1. Interruption while reading and listening – T.V., radio, traffic noises, fights at home.
2. Over-occupied Brain – falling prey to the current trend of 'Multi-tasking', the kids becomes 'master of all trade and master in none'.
3. Over-exertion and insufficient sleep – these two factors are major causes of poor concentration. Parents can easily solve these issues with proper discipline and planning their kids' routine.
4. Restless body – body pain, malnourishment, iron or vitamin deficiency, frequent illnesses.
5. Hunger and dehydration – brain will not perform properly and concentrate with hungry stomach and parched throat.
6. Certain Medication – sedative medicines or medicines which affect the brain.
7. Mentally challenged, self centered, impaired vision etc. diseases.



Concentration can't be switched on and off like an electricity switch. But, today's screen-addicted kids are involved with 110% concentration while playing their video games. That means the concentration level is higher when kids are indulged in activities that interest them. Therefore use various interesting modes like music, games, drawings, educational videos etc to keep them involved for a longer time.

Create suitable atmosphere at home, i.e. study room is airy, peaceful and properly lit to enhance concentration. If the kids are studying in their room, while daddy is watching TV with full volume, then kids' concentration is bound to go down the drain.

Salty, spicy, heavy to digest and fried eatables are enemies of concentration. Fresh fruits and vegetables, and plenty of water certainly help to increase concentration. If kids are taught Yogasana, Pranayam (breathing exercise) and prayers right from young age, it will certainly elevate the concentration power.



Take into consideration your child's age, studying pattern, favorite/ non-favorite subjects and don't expect them to study plenty for long hours. Instead break the tasks into small portions, which will be easy to achieve. For example, start from 5 minutes of studying task at a time. This pattern will certainly be useful. Time pressure also hampers the concentration, so proper time management with playful and interesting studying method is necessary. Obviously if the parents set right example, then kids are bound to imitate right things.

Last but not the least, the golden rule of concentration is, **'teach your child to fix a goal'**. When the kids focus their energy and attention to the self-set goal then nothing can stop them from concentrating.