

**JEREMY L. WARNER, M.D.**

**JOHN M. JANSEN, M.D.**

3320 Tates Creek Road

Lexington, KY 40502

(859)269-4604

---

## **TEN WAYS TO IMPROVE LEARNING AND PREVENT ATTENTION PROBLEMS IN CHILDREN**

1. **TOUCH** and hold your child as much as possible in the first 6 months of life.
2. Limit **TELEVISION** exposure until your child is 20-24 months of age. After age 2 restrict TV to 1 hour per day, which includes computer time, video, and video games. Never have a TV in your child's room.
3. Encourage **TOYS** that stimulate the brain to work, such as books, puzzles, blocks, stuffed animals, chalk and crayons.
4. Limit **CHOICES** and chaos by rotating toys in play areas or playrooms. With the exception of books, more is not better.
5. Promote **INDEPENDENT PLAY** by giving your child time (15-20 minutes) by him or herself when awakening from sleep. Encourage make believe self-play when older.
6. Encourage **ACTIVITIES** that stimulate verbal interaction with parents and caretakers, such as interactive games (London Bridge, Ring Around the Rosie), grocery shopping, bath time and family meals. Read together everyday starting at birth.
7. Provide **PHYSICAL LIMITS** to over-activity by using a playpen, play area, or gates.
8. Beginning at birth, include 30 minutes of nonverbal, soft **MUSIC** each day. Continue as long as possible. Lullabies and singing also are needed.
9. Provide **SLEEP** that is never interrupted by activities. This includes nighttime and naps.
10. Encourage **DIETARY** habits that provide good nutrition and balance. Eliminate most juices, sports drinks, and soft drinks between meals.

