Children find it difficult to concentrate on or pay attention to school. What are the reasons? How can we solve this problem?

It is unfortunate, but true that today, children 1 to focus on their studies in school. This essay intends to analyze the reasons for this situation, and suggest some solutions to 2 the problem.

Children have difficulty concentrating at school for various reasons. The most important is sleep deprivation, which plays an important role in lowering the attention of schoolchildren, according to a new research. Experts believe this is because of the increasingly 3 children live in. Secondly, some children are not able to cope up with the tough academic competition, and consequently lose interest in studies. Additionally, noise and the activities of other children distract many. Finally, some children are affected by 4 , such as attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD), in which children cannot concentrate on anything for long.

The solutions depend on the 5 of the causes of this lack of interest. First of all, parents and teachers must learn to be reasonable. One should not expect one's child to be able to concentrate for too long. Most adults need a break after about 30 minutes of concentration. The same 6 for children. There should be some time gap that allows children to take a mental break before moving on to the next period. Then, parents should speak with their child's teacher to make sure that the schoolwork is not too difficult for their child.

Furthermore, parents should see to it that their child gets at least 8 hours of 7 . For doing so, it is mandatory that TV and computer should not be there in the child's room. The 8 is on the parents to ration the TV viewing hours of their children. They should also meet the teachers and discuss the factors, which may be causing distraction. Sometimes, the right placement in the classroom might 9 for the child. For example, a seat could be fixed for him where he is most likely to stay focused and be less distracted by other variables, such as activity outside a window. Finally, the parents should speak with their child's doctor and have a routine physical performed to 10 any illness or complications.

To sum up, children of this contemporary society have many distractions because of which they find it challenging to concentrate at school. However, this situation can be dealt with very nicely by the combined efforts of parents and teachers.

proper diagnosis **applies** **uninterrupted sleep**

onus **technology-saturated culture** **rule out**

work wonders **find it daunting** **medical conditions**

ameliorate

LIVEWORKSHEETS