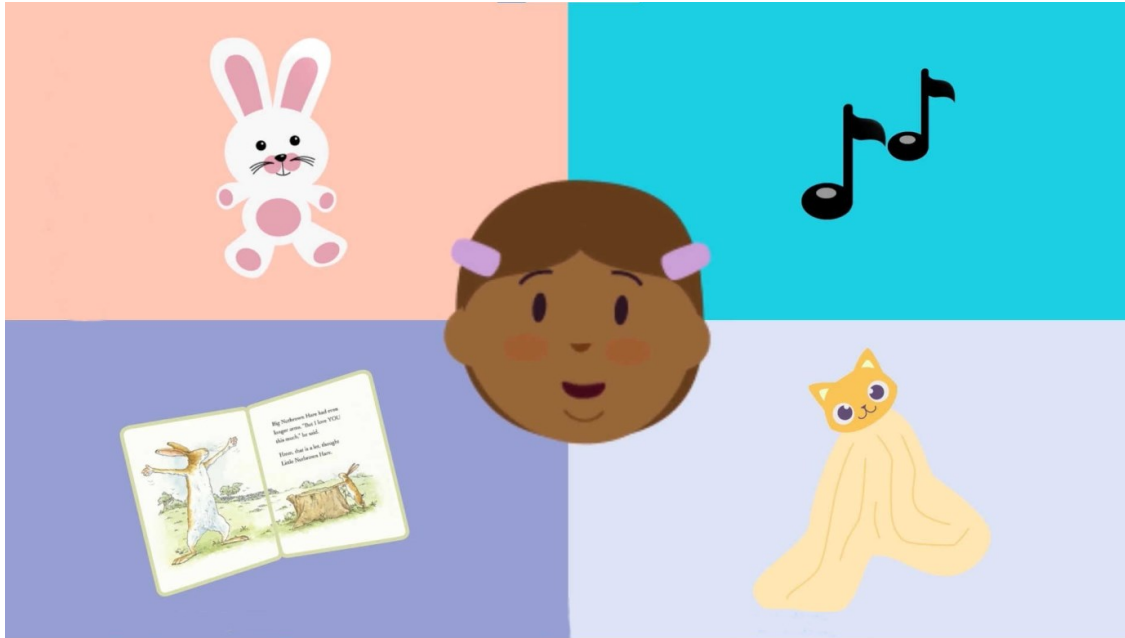


Provider Tip of the Week

December 22, 2021

Shifting Attention



In stressful moments, many children can benefit from shifting their focus out of the exam room and onto something else. Once you've validated any feelings a child has, you can suggest an activity or exercise to help them shift their focus away from the procedure or exam. That may go something like this, "It's normal to be scared, I get scared sometimes too. Sometimes, it helps me to sing my favorite song. Do you have a song you want to sing now?" Other ideas include playing with a favorite toy or fidget, holding a stuffed animal, and playing I Spy around the room or with a book.



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