



## Managing Fatigue

It is important to assist your child to manage their fatigue which will help them to stay on task for a longer period of time. Here's some ways you can help.



- Encourage good upright sitting posture with the use of a slope board, reading stand, a chair that seats your child allowing their feet flat on the floor and the table or desk to be about waist height.
- Encourage bringing learning materials close rather than leaning over the table or technology.



- Allow your child to read at the right distance for them – this may be quite close. Don't forget that the size of the print, background colour and more can be changed on laptops and tablet devices through the accessibility options. Allow your child to try some different options to find out what works best for them. Your advisory visiting teacher – vision impairment can help you with this also.



- Reduce the volume of work that is recommended by the teacher for their class peers eg 5 maths problems instead of 8 - especially if your child appears to understand the work.
- Allow your child to take regular breaks especially when engaged in close reading tasks.
- Watch for signs that fatigue is starting. For example, your child may rub their eyes, start avoiding the task by talking to you more than usual or complaining. When you notice any signs of fatigue it is important to take a break and give their eyes a rest.



- Alternate table tasks with active tasks such as jumping on the trampoline; kicking or bouncing a ball or a quiet listening task such as an audio book.
- Encourage your child to think about which mode of learning will be best for them to access the task. For example, is it listening to you or the screenreader read the instructions, using a tablet device to type answers rather than handwriting the answer, using a handheld magnifier or enlarging print on a device.



- Children may decide which work they would like your support with and which they can do independently.
- Having a routine can help kids stay on track and on top of fatigue. Plan the day together giving them some choice about tasks. Keep in mind that primary school children are likely to be at their best in the morning. High school children may be at their best later in the day and it's ok to start their learning later. Less favourite work can be done early with a reward of a task or activity that they really enjoy such as some outside time or listening to music or an audio book.