

"Many children and young adolescents, beyond those diagnosed with memory and concentration issues, consistently display procrastination, poor planning and difficulties with time management. They find large schoolwork assignments that require independent research challenging. They are uncertain about how and where to begin and what to use; they are unsure where to find the information and become confused about prioritizing what is important; and consequently, they feel overwhelmed. This is often called 'time blindness'."

9 strategies to support "time blindness"

1. Discuss your child's time management issues with their teacher so everyone is on the same page.
2. Set up a simple checklist with your child to remind him what needs to be done.
3. Provide your child with a jump-start by helping them organize the timeline.
4. Maintain a routine-Adult supervision is required to ensure routine is done properly.
5. Frequently check the work by creating check-up times. At each check-up, break down the remaining tasks into smaller, more manageable ones.
6. Together, keep an eye on the time.
7. Prioritize your child's work by chunking what needs to be done first and what can wait.
8. Home help is vital, but be careful to keep your child engaged rather than taking over for them.
9. BE PATIENT!