
Top 5 Reasons Why Kids Are Not Able To Pay Attention, Sit Still, and Play Sports With Peers

All Natural Solution for Kids with Attention problems, Poor Coordination, Weak Muscle Groups, Hyperactivity and Sensory Processing Problems.

By Sharmin Tiu-Curcio, OTR/L

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Who is Sharmin Tiu-Curcio and why did she publish this report?



For over 10 years, Sharmin has helped children stay focused in class, improve their strength and coordination, reduce hyperactivity, improve brain response to information, and better their overall function. Children are able to pay attention in class which enables them to learn and excel in school. They are also able to sit and listen to the teacher's and their parent's instructions better. The appreciation and gratitude from parents and their child has inspired her to publish this free report so others may benefit from her knowledge.

She is the lead therapist at Occupational Therapy Concept where her mission is to ***Improve Attention, Brain Response to Information, Coordination and Core Strength and to Reduce Hyperactivity.***

“I believe that when a child is given the opportunity to improve their attention span, how they process information, and their core strength, it helps them learn faster and better, allows them to sit still, pay better attention and understand instructions, and also increases their self-esteem and confidence.”

Professional Info

Sharmin graduated internationally, where she was trained on how to get to the root cause of a child's attention and hyperactivity problems. She learned how to improve a child's attention, response to information and core strength and also decrease hyperactivity naturally by restoring the body's balance without drugs or injections. She's grown a passion for helping those who are suffering and has helped over 9,000 parents and children have a happier, well-balanced life without the fear that the child will not be able to cope with situations at home, catch up with others in school, and not be able to play well with their peers. Sharmin helps every child enjoy their childhood...and focus on being a kid!

In this special report...

I reveal secrets on why kids are not able to pay attention, sit still and play sports with peers that most people, even well meaning doctors, are simply not aware of.

Even though a lot of advice and tips float through social media regarding increasing a child's attention span and the ability to interact with their peers, most of it addresses only the symptoms and not the true cause.

I've personally experienced the frustrations that comes with a child, who can be better one day and worse the next.

The cold hard truth is that well-meaning doctors and other healthcare practitioners may be able to identify symptoms of a child's condition and have years of education treating the symptoms of attention or hyperactivity problems...but they don't understand how poor focus and coordination is truly created within the body.

This report reveals how to actually get to the root cause of a child's attention and hyperactivity problems, why they are having trouble playing with their peers and what causes them to have a bad response to certain situations if you put in the time to read the entire report...and apply it.

It really doesn't take much time to apply the secrets (under 3 minutes mostly) and it's completely free.

You'll be shocked to see how fast your child will begin to improve and the impact it can have on their (and your) spirit, energy, motivation and well-being.

I have to be completely honest with you and say...

without knowing the child's personal history and the details of the child's difficulties, I cannot tell you which of these will work best for you. And there are no guarantees that it will resolve their problem completely.

But what I do know is that with this knowledge in your hands, your child will be on their way to a happier, healthier outlook on life especially if you apply all, or most, of the secrets mentioned in this report.

How to Accelerate Your Child's Improvements TODAY By Claiming a FREE Exam

If you want to ensure maximum benefit from these “tips” and take a shortcut to finding out which is best for your child...AND learn the exact cause to these menacing problems, the free exam is the answer.

It's hassle free.

No tedious paperwork. No referral from a doctor required. No insurance authorization needed.

Absolutely no cost or obligation.

That's right. I know it may be hard to believe but it's true. It's that easy to get an exam, learn what's causing your child's problem, get your questions answered, and learn the solution that is personally BEST FOR YOU AND YOUR CHILD.

It's 100% FREE (and you can even tell a friend if you want to :)

It's hassle free...so no need to contact your insurance or doctor at all.

Here's how to contact us:

To talk with Sharmin or a member of our team about your child's behavior
and difficulties,

Call the Occupational Therapy Concept at:

(718) 285-0884

or

Sharmin@otconcept.com

What others, just like you, have found MOST beneficial about this free exam is that they were able to discover:

1. The true root cause of the problem and why the child was not getting better from generic exercises, medicines, etc.
2. The single biggest mistake they were making that was ACTUALLY making their child's behavior and difficulties worse.
3. Simple exercises that improve the child's attention and decrease hyperactivity by 80%.
4. The top 2 solutions that can solve their problem for good, so the child can start moving freely, be stronger, pay attention better and play with peers.

These are the exact same benefits you can expect to get out of the free exam as well. So, while you setup your child's free exam, here are the secrets you've been waiting for.

1. Weak Core Strength

Core strength is not just for playing, it is one of the biggest reason for a child's attention problems, hyperactivity, weakness, incoordination and brain response to sensory input. The child being able to climb and play does not mean that he/she does not have weak core. Our core controls almost everything. Improving the core strength will make the child feel more secure and grounded, improving their hyperactivity and attention problems quickly.

2. Lack of Physical Movement During School Time

Our children spend most of their day in school. It used to be that the child is given a lot more "play" time and gym time during school hours. We used to have a variety of different physical activities to do outside such as swinging, monkey bars, trampoline etc. but now there is less time for kids to play and participate in these kinds of activities. Schools used to offer more games inside the classroom as well which allowed kids to get up and move around more often. These activities and games improve a child's strength, performance, attention and gives them different sensations within their environment which heightens their senses and increases their sensory processing which improves their overall function. Their ability to participate in these activities in school also helps them to feel more confident making them more comfortable and excited to play with their peers.

3. Poor Muscle Control

In order for a child to have good control over their fingers, hands, toes and feet they must have good muscle control. This is why most often when a

child is having difficulties with feeding themselves or handwriting in school it is due to poor muscle control. For a child to successfully feed themselves they will need their fingers to pick up the spoon, use their elbow to move the spoon to your mouth, and the shoulder muscles to stabilize the elbow and the fingers. These muscle groups work together to stabilize the muscles, tendons and bones during the movements resulting in more control and less spills. If these muscle groups are weak it is harder for the child to control the movements of their arms and legs. If the muscles closest to the center of the body are weaker, the child will also be unbalanced, uncoordinated and will have weak overall muscle strength. This typically will result in weakness in both arms, which in turn causes poor hand function and can cause difficulty writing, drawing, using scissors, drinking from a cup etc. Identifying the exact muscles that the child is experiencing weakness with and working on strengthening those will allow joints and muscles to work better together and increase their ability to control these movements.

4. Trouble Processing Information

A child's mind and body are so complex that a small imbalance in their nervous system or overload of their senses can cause a huge problem in how they process and receive information. When a child has an imbalance or sensory overload and is given information to process their nervous system or body will try to compensate for the imbalance which can result in a kind of tantrum. They become overly sensitive or have trouble adjusting to the information they are receiving and react in a way of yelling, crying, screaming, not cooperating, shutting down etc. These imbalances can lead to the body and mind not being able to receive the information properly causing attention problems, hyperactivity, emotional issues and tantrums.

5. Poor Balance

When a child has poor balance it can cause a lot of different reactions such as the child “bouncing off the walls” or being very high strung making focusing difficult them. This is because the child is not feeling secure or grounded within their own body. They may lean into things or move around to compensate for the unbalanced feeling they are experiencing. This can cause them to not be about to sit long enough to learn in class or cause them to be very unfocused leading to poor comprehension. This hyperactivity can be improved by helping the child’s body become more centered and balanced making the child feel more secure and grounded.

10 TIPS to help your child pay more attention, to sit still, regulate senses and overall function

1. A lot of hyperactivity and attention problems is caused by weak core muscles. Using an exercise that targets specific muscle groups that help to strengthen the core muscles will quickly help your child improve their hyperactivity. A weak core causes a child to feel unbalanced, making them more hyper. I use specific yoga positions that help to strengthen the core and help bring balance to the body.
2. A great way to improve stability and balance in the body at home is to strengthen the muscle groups in the body. This can be done in two ways. One is by having your child play or write while laying on their belly while using their shoulders propped up to hold themselves up. The second way is to have your child lay on their back with their knees at a 90-degree angle and have them lift their hips up into a bridge. These two moves will help strengthen the muscles making them more stable which in turn will help their muscle control when writing, drawing, cutting etc.

3. In today's world of technology, most children play too many games or watch too much TV. This is not a good thing. Having your child take breaks will help to limit their activities on electronics. During these breaks make sure your child is participating in more physical activities or games such as jumping, running, playing tag or swinging. Getting the body moving will help their blood to start flowing and will also improve muscle strength, coordination and cognitive abilities.
4. Exercising with your child is a great way to help improve strength, balance, coordination and even self-confidence. Your child will begin to feel stronger, and will copy what you do. Working out together will also help to create a bond between you and your child.
5. Eating healthy plays a factor in your child's life. Proper nutrition provides children with the right amount of energy, vitamins and minerals, that will enable the child to function better overall.
6. Make sure your child gets plenty of sleep. Children need plenty of sleep, around 10-12 hours of sleep with naps in the daytime. This will ensure that the child is not sleepy and tired the next day which will help with paying attention in class.
7. Regular doctor's visit is crucial. You want to make sure that the child is not sick and is in perfect health. If the child needs vitamins or supplements, the doctor will be able to tell you and prescribe appropriately to help your child stay healthy.
8. Play dates are also beneficial for a child's growth and development. Playing with other kids will help the child acquire and learn new skills. They will also learn to be more social and learn socially acceptable behaviors. Explaining to the child what is not acceptable, and what is, helps the child to better understand and process information better.
9. Playing in the park in different surroundings with different toys and textures will help the child cope with different stimuli and process information better.
10. Don't be afraid to play different activities with your child such as spinning or bouncing. These help the nervous system of the child to be more aware and it helps tune the system properly and appropriately.

Conclusion

See...it's not your fault or the child's fault that they are having problems focusing in class, or playing with peers.

Keeping the child focusing in class and to sit still is not so common sense is it?

You would think that going to a healthcare professional like a doctor would be the answer...but it's not.

And the scary truth is some have ulterior motives and may not want the child to get better at all. That way they can keep you and your child dependent on their services and products forever. It's sad but it's true.

Just like some pharmaceutical companies, some healthcare practitioners are like that, too.

I want you to know,...

that it's important to me that your child pursues their dreams and be the best person they can be—were designed and meant to be.

I want you to know that I can help you and your child remove the obstacles that are holding your child back from being productive, and motivated.

I want you to know that you can trust me.

And when this has been accomplished, it will be glorious, and you can thank me then.

But until then, do the things mentioned in this report and call me to schedule your free exam.

I believe in you and your child.

Sharmin Tiu-Curcio

Lead Therapist

Occupational Therapy Concept

(718) 285-0884

Sharmin@otconcept.com